

## **ADHD Recommended Reading List**

ADHD and the Nature of Self-Control by Russell A. Barkley (1997)

Hanging by a Twig: Understanding and Counseling Adults with Learning Disabilities and ADHD by Jay Einhorn and Carol T. Wren (2000)

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo, and Edward M., M.D. Hallowell (2006)

Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood by Edward M. Hallowell, MD and John J. Ratey, MD (1995)

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder by Edward M. Hallowell, MD and John J. Ratey, MD (2005)

Learning Outside The Lines: Two Ivy League Students With Learning Disabilities And ADHD Give You The Tools by Jonathan Mooney, David Cole, and Edward M. Hallowell (2000)

Organizing from the Right Side of the Brain: A Creative Approach to Getting Organized by Lee Silber (2004)

Time Management for the Creative Person: Right-Brain Strategies for Stopping Procrastination, Getting Control of the Clock and Calendar, and Freeing Up Your Time and Your Life by Lee Silber (1998)

Succeeding Against the Odds: How the Learning Disabled Can Realize Their Promise by Sally Smith (1991)

Attention Deficit Hyperactivity Disorder in Adults by Paul H. Wender (1995)