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)


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)