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Taking Charge of Adult ADHD by Russell A. Barkley. For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there.

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Comprehensive, immensely practical, highly readable, and wholly compassionate, Taking Charge of Adult ADHD is the definitive guide for adults with ADHD and the

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Dr. Russell Barkley's Taking Charge of Adult ADHD provides a rundown of adult ADHD basics that's comprehensive, yet easy to read. That said, I took it at a sluggish pace. It's informative, conversational, and approachable, but the language often feels overwordy.

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Barkley has worked with children, adolescents, and families since the 1970s and is the author of numerous bestselling books for both professionals and the public, including Taking Charge of ADHD and Your Defiant Child.

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*Strengthen your child's academic and social skills. *Use rewards and incentives effectively. *Restore harmony at home. Updated throughout with current research and resources, the third edition includes the latest facts about medications and

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Taking Charge of Adult ADHD: Our ADHD Book Recommendation

Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle--

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Attention Defecit/Hyperactivity Disorder doesn't just affect children. Adults can take charge of their symptoms and live with focus and peace, starting with these tips.

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