



# Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder

By Lenard Adler, Mari Florence

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## Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder By Lenard Adler, Mari Florence

A practical, authoritative book on an increasingly talked-about condition that affects more than 8 million American adults.

Dr. Lenard Adler, director of the Adult ADHD Program at New York University School of Medicine, presents the latest findings on Attention Deficit Hyperactivity Disorder. In *Scattered Minds*, he reveals hidden warning signs, debunks common misconceptions, and offers information on obtaining an accurate diagnosis, along with treatment options that include cutting-edge medications and proven coping strategies. Includes a screening quiz.

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*By Lenard Adler, Mari Florence*

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- Sales Rank: #689348 in Books
- Published on: 2007-05-01
- Released on: 2007-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .53" w x 6.00" l, .50 pounds
- Binding: Paperback
- 208 pages

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### Editorial Review

#### Review

... a much-needed starting place for understanding what ADHD is in adults, and what can be done to treat adults... -- *Timothy E. Wilens, M.D., Massachusetts General Hospital, Harvard Medical School, and author of Straight Talk About Psychiatric Medications in Kids*

...balanced and highly informative...yet conveyed with his extraordinary bedside manner... Well done, Dr. Adler. -- *Russell A. Barkley, Ph.D., Research Professor of Psychiatry, SUNY Upstate Medical University, Syracuse, NY*

Well organized and comprehensive, this is sure to become a valuable resource. Highly recommended for all public libraries. -- *Library Journal*

Whether you are a professional or a lay person, this book will give you all you need to know. -- *Edward Hallowell, M.D., author of Driven to Distraction, Delivered from Distraction, and CrazyBusy,*

#### About the Author

Lenard Adler, M.D., is director of the Adult ADHD Program at New York University, where he is also an associate professor of psychiatry and neurology. He has appeared on **60 Minutes** and the **Today** show, as well as in **The New York Times**, **USA Today**, **U.S. News & World Report**, and elsewhere, discussing his treatment methods for adults with ADHD.

Mari Florence is a health writer who has cowritten books such as **What Your Doctor May Not Tell You About Fibromyalgia**.

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**Raymond Bailey:**

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