



Taking Charge of Adult ADHD

By Russell A. Barkley

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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. No one is a better guide to how to get the best care—and what sufferers can do for themselves—than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments. Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle—work, finances, relationships, and more. Finally, an authoritative one-stop resource for adults with ADHD who are ready to take back their lives.

See also Dr. Barkley's bestselling resource on childhood ADHD, *Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents*.

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Editorial Review

Review

"This wonderful book presents information and sharp clinical insights accrued over decades of work by a preeminent leader in the field. Dr. Barkley clearly and thoughtfully discusses the causes of adult ADHD and how to get diagnosed and treated. A 'must read' for anyone interested in learning more about adult ADHD."--Lenard Adler, MD, author of *Scattered Minds*; Department of Psychiatry, New York University School of Medicine

"Dr. Barkley's advice to individuals who have ADHD (or think they might) represents a remarkable blend of science and practicality. This book offers a lifeline to adults with ADHD and their families."--Michael Gordon, PhD, Director, ADHD Program, Department of Psychiatry, State University of New York Upstate Medical University

"Consider this book the Rosetta Stone of adult ADHD. No one but Dr. Barkley could translate the sophisticated grasp of ADHD for which he is well known into lay terms and solid strategies. Comprehensive, immensely practical, highly readable, and wholly compassionate, *Taking Charge of Adult ADHD* is the definitive guide for adults with ADHD and the people who care about them."--Gina Pera, author of *Is It You, Me, or Adult A.D.D.?*

"This book will surely become a classic. If you are an adult with ADHD, Dr. Barkley can help you make sense of your lifelong struggles and develop a clear roadmap for overcoming them. Stories and examples from others facing the same challenges bring Dr. Barkley's ideas to life. I will certainly recommend this easy-to-read yet scientifically based book to everyone who comes through our adult ADHD clinic."--J. Russell Ramsay, PhD, Codirector, Adult ADHD Treatment and Research Program, University of Pennsylvania

About the Author

Russell A. Barkley, PhD, ABPP, ABCN, is Clinical Professor of Psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University School of Medicine. Dr. 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*. He has also published five assessment scales and more than 275 scientific articles and book chapters on ADHD, executive functioning, and childhood defiance, and is editor of the newsletter *The ADHD Report*. A frequent conference presenter and speaker who is widely cited in the national media, Dr. Barkley is past president of the Section on Clinical Child Psychology (the former Division 12) of the American Psychological Association (APA), and of the International Society for Research in Child and Adolescent Psychopathology. He is a recipient of awards from the American Academy of Pediatrics and the APA, among other honors. His website is www.russellbarkley.org.

Christine M. Benton is a Chicago-based writer and editor.

Users Review

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Allison Carson:

The publication with title Taking Charge of Adult ADHD includes a lot of information that you can understand it. You can get a lot of profit after read this book. This specific book exist new know-how the information that exist in this reserve represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. This book will bring you inside new era of the glowbal growth. You can read the e-book with your smart phone, so you can read it anywhere you want.

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