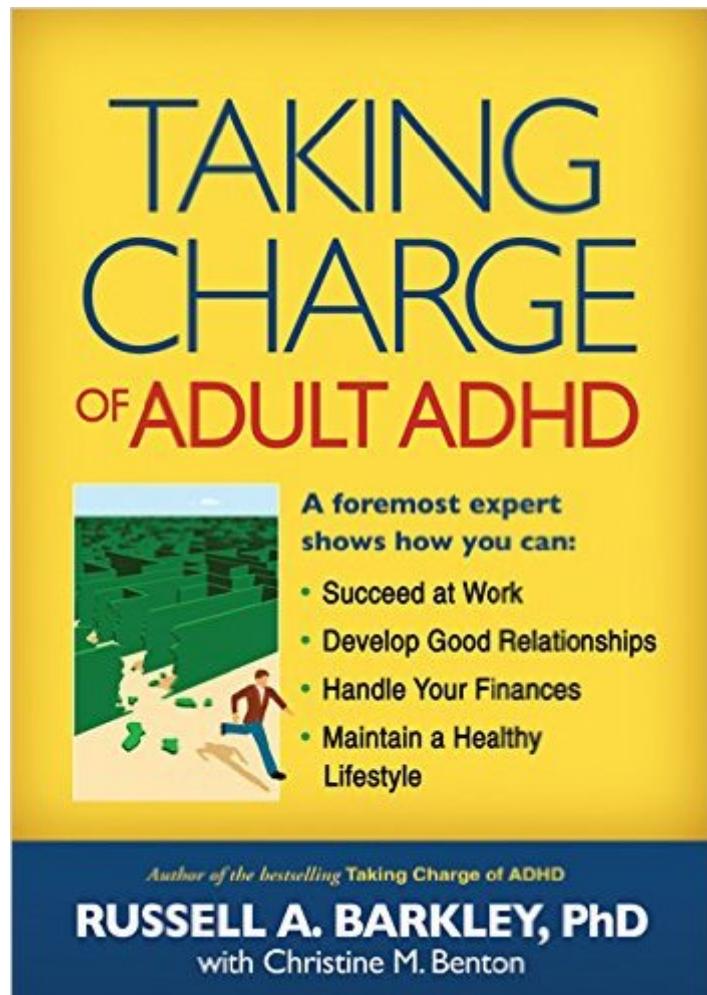


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# Taking Charge Of Adult ADHD



## Synopsis

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 careâ "and what sufferers can do for themselvesâ "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 struggleâ "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*.

## Book Information

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## Customer Reviews

As a psychologist who specializes in ADD in all age groups and as a person with ADD myself, I recommend this book to every new adult ADD patient that I see. Soon after it came out, a patient of mine said that he'd read plenty of books that described what ADD is, but this was the first one that really told him what he could and should do about it. I tell patients that medication is only a part of the answer, the rest is changing behaviors that can increase or decrease your chances of success and that this book will help them to do that with some very practical and down to earth strategies.

Because of this I try to keep copies of it in my office to sell them at cost, so they'll have it when they leave the appointment. In the last two weeks I have recommended it to 5 or 6 undergrad and law school students. I also point out to them Dr. Barkley's exceptional standards for his own research and for the evaluation of the research of others. His care in presenting results is refreshingly old fashioned, almost quaint in this age of overblown self promotion, such as when he shared his adult ADHD criteria that were eventually published in his master work, "ADHD in Adults: what the science says" [2010], at a Cape Cod workshop in 2006. The results were preliminary at the time and he cautioned us that they had only been validated on a population of males from western Mass., or something like that. We all had to chuckle a bit and at the same time appreciate how rare and refreshing it was to see such conscientiousness in a researcher; first and foremost Russ Barkley is a scientist and the reader can be confident that this book is based on real research, not just someone's opinions. Lastly, I like the layout of the book. It follows a format that's similar to the 'for dummies' series in that it is well organized with a detailed table of contents and index, as well as visual highlights such as boxes of bullet points, highlighted tips, etc. I tell my patients that it's very 'ADD-friendly' - that they don't have to read it front to back in a linear fashion, but that they can skip around and still get a ton of useful information from it.

As a researcher and expert on ADHD, and an ADHDer myself, I've read many books on the topic and written many book reviews. When I was asked to review Dr. Russell Barkley's latest book, *Taking Charge of Adult ADHD*, for Psych Central, I wasn't sure I'd learn anything new. I was delighted and astonished in every section of the book. Barkley's level of insight, wisdom, and sheer depth of understanding about the mind of an ADHDer is nothing short of brilliant. The only downside I see is that the book is so packed with profound insights, practical advice, and useful information, that it could have been six books rather than one. For an ADHDer, this is difficult to digest. I'd suggest taking it slowly, ruminating over each section (or page), practicing and applying its insights in your own life and situation, and then moving on...slowly. While the book is dense, it's well worth the effort it might take to suck the juice out of its succulent pages. If necessary, enlist a friend to read it to you, discuss it with you, and otherwise help you glean all you can from its incredible wisdom. If you put the effort into it, you won't be sorry. ZoÃƒÂ« Kessler, B.A., B.Ed. (Adult Education), Author and Blogger, ADHD: from A to ZoÃƒÂ«, [...]

This is truly a great book! As someone who has been newly diagnosed with inattentive ADHD, this book did a wonderful job of educating me on ADHD and how it affects my daily life. What a relief to

find out that my problems are not inherent character flaws, but symptoms of a neurological deficit. Now I can stop waiting around to grow out of certain behaviors (I'm 26 and in grad school) and realize that the is me for life. He offers advice on how to function with these brain deficits and how productivity tips geared toward normal adults wont work on ADHD people. He offers many solutions that are specific for ADHD. There are multiple parts in the book: Getting Evaluated for ADHD Knowing your own ADHD and which symptoms are worse for you Medication information Everyday rules for success Mastering ADHD in different areas of your life (education, work, money, etc...) My only complaint is that the chapter on executive functions seemed a little too long for me...and I'm sure is the case for most people with ADHD. I would've preferred it broken down into multiple, smaller chapters. But this doesn't take away from the amazingness of the book!

to me, Dr. Barkley is a superb academic writer and a so so general public writer. Few, if any possess his depth of knowledge on ADHD. In this book, he writes much more (and better) about the effects of ADHD, and much less about strategies to deal with it. Summing up his strategies for adults are 1) get a diagnosis and 2) get medications. I don't disagree with either of these steps, but there are other that are available. He has a passing mention of exercise, curiously without research citation. I found NO mention of meditation, neuro-feedback, or CogMed or other similar interventions. There was nothing about the dynamics in ADHD marriages (see Melissa Orlov's "ADHD effect on marriage," in sharp contrast). My comments are in stark contrast to Ari Tuckman's "More attention. Less deficit" book. Tuckman DOES provide attention to alternative treatments, as well as many more concrete strategies to deal with ADHD. Look for Taking Charge to be very well received. Unfortunately, most will not find the much better books of Tuckman and Orlov.

This book offers a lot of realistic help for the adult with ADHD. The book goes into detail of evaluation processes for adults as well as medication options. There are wonderful surveys that you can fill out to help you when you talk to your doctor. Very easy read and well written! Another great book from Dr. Barkley!!

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