Add

Stephanie Moulton Sarkis

Attention Deficit Disorder Thom Hartmann,1999 Can drugs cure Attention Deficit Disorder? Why are some ADD children and adults more successful that their normal peers? What professions are best for ADD people?

Adult ADD Stephanie Moulton Sarkis,2011-03-01 You've just been diagnosed with ADD. Now what? After receiving a diagnosis of attention deficit disorder (ADD), you may feel relieved to finally have an explanation for your symptoms, but also concerned and full of questions about the future. Questions like: What are the best ways to get symptoms—such as impulsiveness and difficulty with time management—under control? Should you tell people at work? And, wait a minute, there can be good things about having ADD? In Adult ADD: A Guide for the Newly Diagnosed, an ADD specialist who has the disorder herself answers these questions and offers all the tools and information you need to process the diagnosis, learn about medications, and decide which treatments are the best options for you. This pocket guide also features a complete list of resources you can use to find support and tips for getting organized and living well with ADD.

10 Simple Solutions to Adult ADD Stephanie Moulton Sarkis,2011-11-01 Managing attention-deficit disorder (ADD) as an adult is a constant challenge. You may notice that your mind sometimes wanders during conversations. Maybe you keep misplacing your keys. Or your ADD may be causing bigger problems in your life, making it difficult to keep in touch with friends and family and leading you to procrastinate on important projects. 10 Simple Solutions to Adult ADD offers ten easy ways to better manage your symptoms and live better with ADD. Written by noted author and acclaimed psychotherapist Stephanie Sarkis, who has used these solutions to personally overcome her ADD symptoms, this concise and clear new edition offers the latest treatment information to help you sharpen your focus, improve your relationships, and manage your time and money.

Is It You, Me, or Adult A.D.D.? Gina Pera,2022-03-31 Winner of four national book awards! Revised First Edition, 2022 Is It You, Me, or Adult ADHD? has helped thousands of readers worldwide to understand how this highly variable syndrome affects them. Professionals and couples who have elevated their lives with its wisdom recommend it to others. In this highly endorsed, clearly written, and comprehensive guide, Gina Pera guides you in making sense of your own Adult ADHD Roller Coaster. She helps you to: —View ADHD as a variable syndrome affecting individuals, not clones —Realize how a later-in-life ADHD diagnosis creates additional issues —Revise misinterpretations of symptoms, forged long ago, that can thwart progress now —Heal poor coping responses and dysfunctional interaction cycles, as individuals and couples —Implement practical supports to completing routine tasks and reaching long-term goals, with teamwork! —Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones. —Delve into denial's dual nature — physiological and psychological — and reach through it —Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994, when Adult ADHD was declared a medical diagnosis. Still, the public harbors misconceptions, and that means millions suffer needlessly. That includes millions of couples who can't understand why their lives together are so hard—often despite many attempts at therapy. The simple truth is: Everyone knows someone with adult ADHD. Yet we often misattribute the symptoms to anxiety, depression, or even laziness, selfishness, “addictive personality,” or moodiness. Some assume that ADHD means little boys with ants in their pants. In fact, childhood hyperactivity goes underground as the person matures, resulting in a mentally restless state. Meticulously researched and written by Gina Pera, Is It You, Me, or Adult ADHD? helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms. It also offers: —Explanations from preeminent experts —Plenty of real-life details —Easy-to-understand, detailed advice on the best treatment options and practical solutions. The revolutionary message is one of hope for millions of people—and a joyous opportunity for a better life.

Joey Pigza Swallowed the Key Jack Gantos,2011-07-05 In this National Book Award finalist, Joey Pigza tries hard to be a good kid trapped in a wired body.

Healing ADD Daniel G. Amen,2001-02-19 Attention Deficit Disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Now, using breakthrough diagnostic techniques, Dr. Daniel Amen has discovered that there are six distinct types of ADD, each requiring a different treatment. With recommendations for prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, The harder I try, the worse it gets. Dr. Amen tells them, for the first time, how to get well.

Attention-Deficit Hyperactivity Disorder Russell A. Barkley,2014-10-28 Widely regarded as the standard clinical reference, this volume provides the best current knowledge about attention-deficit/hyperactivity disorder (ADHD) in children, adolescents, and adults. The field's leading authorities address all aspects of assessment, diagnosis, and treatment, including psychological therapies and pharmacotherapy. Core components of ADHD are elucidated. The volume explores the impact of the disorder across a wide range of functional domains--behavior, learning, psychological adjustment, school and vocational outcomes, and health. All chapters conclude with user-friendly Key Clinical Points. New to This Edition *Reflects significant advances in research and clinical practice. *Expanded with many new authors and new topics. *Chapters on cutting-edge interventions: social skills training, dietary management, executive function training, driving risk interventions, complementary/alternative medicine, and therapies for adults. *Chapters on the nature of the disorder: neuropsychological aspects, emotional dysregulation, peer relationships, child- and adult-specific domains of impairment, sluggish cognitive tempo, and more.

A.D.D. Welcome to Our World: A Positive Perspective on Attention Deficit Disorder Cynthia Calvert-Phillips,2006-09 This highly anticipated book on Attention Deficit Disorder by Phil & Cynthia Phillips is where you can discover that you are not alone- whether you are the one who is ADD or have friends or family who are ADD. Life doesn't have to be difficult. ADD does not have to be a disorder or a deficit. Learn the truth about ADD! Through this book, you will find answers to hard questions with clarification on many issues surrounding ADD. The authors live in Dallas, TX and have been in the ministry over twenty years. They have written over 15 books to date and are also the authors of the best selling parenting course, Miracle Parenting. Seeing families repair relationships are a favorite part of their ministry.

Treating ADHD/ADD in Children and Adolescents Gene Carroccia,2019-02-26 Treating ADHD/ADD in Children and Adolescents: Solutions for Parents and Clinicians was written for parents, clinicians, and teachers to learn a deeper understanding of ADHD and implement specific, clear, and effective ways to successfully evaluate and

treat ADHD problems at home and school. Readers will learn not only research-based and traditional approaches for treating ADHD, but also proven newer and alternative methods. This book provides the tools for readers to feel more informed and competent in addressing the many challenges that children and adolescents with ADHD experience. Whether new or previously exposed to ADHD, readers should find the information to be very useful and effective in transforming ADHD. This book is comprehensive in addressing the complete range of challenges that ADHD presents to children, teens, and families, including accurately diagnosing ADHD and identifying the frequent co-existing conditions, better understandings of the condition, powerful parental behavioral management skills for home and school difficulties, ways to improve family and peer challenges, enhancing homework and learning problems, obtaining appropriate school services and addressing classroom issues, better partnerships with physicians for effective ADHD medication treatments, and utilizing a number of additional and alternative approaches to decrease and treat ADHD. The book has three main aims. The first is to provide a deeper understanding of ADHD. Without accurate perspectives, families may not address the difficulties and challenges appropriately, and treatment approaches may not be as successful or can fail. The second goal is to learn the fundamentals about managing and treating the many ADHD challenges at home and school. The third is for readers to learn a number of additional and alternative approaches to help treat ADHD symptoms and challenges. Some of these proven approaches are newer, while others have a history of effectiveness.

The A.D.D. Book William Sears,Lynda Thompson (Ph. D.),1998 Presents the author's drug-free approach to treating children with attention deficit disorder, offering advice on how to determine whether or not a child has A.D.D., and using real-life case studies to illustrate ways to manage the behavioral problem.

What You Think ADD/ADHD Is, It Isn't Barbara C. Fisher,2016-04-19 ADD/ADHD is not as easily diagnosed or clear-cut as many believe; in fact it very often acts as a masking agent for other underlying, contributing disorders. It’s important that we understand ADD/ADHD better. What You Think ADD/ADHD Is, It Isn’t: Symptoms and Neuropsychological Testing Through Time is the culmination of the author’s years of research involving clinical experience and testing, resulting in the first all-encompassing examination of the ADD/ADHD disorder. Debunking common myths and shedding light upon the way this disorder truly impacts people, this volume: Presents the results of the largest clinical research study for ADD/ADHD, compiling 20 years of testing Distinguishes the inattentive form of ADD from ADHD and additional disorders using neuropsychological testing Provides statistical analysis from neuropsychological evaluations and self-reporting questionnaires from parents, teachers, adolescents, and adults Demonstrates how anxiety frequently masks itself as hyperactivity and increases through the lifespan Addresses the issue of ADHD misdiagnosis Explains the importance of diagnosing additional comorbid disorders that impact medication management and treatment Offers statistics showing the manner in which ADHD symptoms and additional issues affect people differently through the lifespan

Outside the Box: Rethinking ADD/ADHD in Children and Adults Thomas E. Brown,2017-04-26 Outside the Box: Rethinking ADD/ADHD in Children and Adults -- A Practical Guide identifies assumptions about ADD/ADHD that demand reevaluation in light of recent research. Building upon a current, science-based foundation, the book describes in practical terms how ADHD can be recognized at various ages; how it differs from more typical brain development; how it can significantly impair those affected; and how it can safely, and in most cases effectively, be treated in children and adults. The book is based upon current scientific research but also on the experience and perspective of the author, a clinician who has devoted more than 35 years to studying this disorder formally and countless hours to engaging with and providing treatment for a diversity of children, teenagers, and adults with ADHD and related problems. The book's audience is the wide variety of clinicians involved in assessing, treating, and/or monitoring the care of children and adults with this disorder (e.g., pediatricians, primary care physicians, psychologists, psychiatrists, neurologists, physician assistants, advanced practice nurses, and clinical social workers) and also educators, disability service providers, human resource specialists, and the adolescents and adults who seek more information about ADHD assessment and treatment for themselves or for family or friends. The book offers practical, accessible information that is grounded in the latest research: The book is focused not primarily on details of academic arguments but on practical aspects of ADHD -- how it varies from one person to another, how it changes over the life span, how treatments need to be adjusted for different individuals, and how it sometimes gets worse and sometimes gets better. Emphasizing that ADHD is not a simple problem of failing to listen or staying focused on a task, the author examines research demonstrating that ADHD results from impairment of a complex syndrome of brain functions essential for self-management, the executive functions. While DSM-5 is acknowledged as a valuable source of information about ADHD, this book draws upon a wider range of scientific research and perspectives not yet incorporated into DSM. Although accessible to the general reader, the text includes citations to sources that can be used to obtain additional, more technical information. Utterly current and scientifically based, Outside the Box: Rethinking ADD/ADHD in Children and Adults -- A Practical Guide challenges old thinking and provides much-needed information and support to clinicians, educators, patients, and families.

The A.D.D. & A.D.H.D. Diet! Howard Peiper,Rachel Bell,2012-04-17 Every day, children are diagnosed with attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD). They are given powerful drugs like Ritalin in order to cope with their ADD, but many parents don’t realize the dangerous side effects associated with these drugs, particularly the possibility of dependency. Addressing the causes of ADD and ADHD should be the first step in any treatment, but unfortunately, conventional drug therapies treat only the symptoms, not the causes. In their new book, The A.D.D. & A.D.H.D. Diet!, authors Rachel Bell and Dr. Howard Peiper take a uniquely nutritional approach to treating ADD and ADHD. The authors first address the root causes of the disorders, from poor nutrition and food allergies to environmental contaminants. They discuss which foods your child can eat and which foods he should avoid. To make changing your child’s diet easier, the authors also offer you their very own healthy and delicious recipes. Final chapters examine the importance of detoxifying the body, supplementing diet with vitamins and nutrients, and exercising regularly in order to achieve good health. Managing your child’s ADD doesn’t have to be a chore. With The A.D.D. & A.D.H.D. Diet!, you can learn how a simple change in diet may be the most effective treatment for your child.

The Adult ADD Solution George Sachs PsyD,2017-07-21 My name is George Sachs. I'm a clinical psychologist and expert in Adult ADD. I also have Adult ADD so much of what I teach comes from my own personal experience. I have experimented with many methods on the market with much trial and error. Lots of errors I was never satisfied with the books I read on Adult ADD - as the advice was hard to follow and was clearly not created by someone with ADD. The tools, tips and techniques I

developed for this 30 Day Online learning program have been field tested by me, and my clients. With great success. Why did I call it the 30 Day Solution? Of course you can't cure Adult ADD, and certainly not in thirty days. But in thirty days you will receive a roadmap to change. This program is just the beginning of a lifetime of learning about your unique symptoms. In thirty days you will learn what critical areas of your life need more attention. Many of my clients have tried medication, hoping for a miracle to cure their worst symptoms. The truth is medication can be effective for some, but most of my clients stop taking it because of the the side effects-and then where are they? No better off than when they first started. That is why I coach them that they need to learn tools and new techniques to better manage their life with Adult ADD. That is what this program does - offers 30 Days of holistic actionable advice that can be implemented immediately. With no negative side effects I believe in a holistic approach that starts with sleep, diet and exercise and includes emotional, relational and spiritual practices to truly overcome Adult ADD. This book deals with more than just tips to become more organized. We examine the impact of a life of untreated Adult ADD, and how that effects self-esteem, relationships and overall success. The key word is overall. That is our holistic approach, because Adult ADD impacts all areas of one's life. How many times have you bought a paper date planner? hoping that this time you would actually use it I know that the normal advice many so-called experts give to adults with ADD just dont' work. Maybe because those experts don't have Adult ADD. Well I Do. So I know that the typical methods for organization and productivity don't always work for us adults with ADD. That is why I offer work-arounds. These are field-tested tools, tips and techniques that work for adults with ADD and take into account the unique way that we approach life. I hope that you find the concepts I teach equally helpful and easy to understand. Adult ADD is challenging for oneself and loved ones, but with support and this program, you can overcome some of your worst symptoms and become the person you always knew you could be.

The Survival Guide for Kids with ADD or ADHD (EasyRead Comfort Edition) ,

A.D.D. and Success Lynn Weiss,1998 An acclaimed A.D.D. expert tells the stories of 16 individuals who have learned to incorporate A.D.D. attributes positively into their lives.

ADD Success Stories Thom Hartmann,John J. Ratey,1995-01-01 Explains the author's hunter/farmer hypothesis about the origins of ADD and offers stories of patients who have suceeded in life

Putting on the Brakes Patricia O. Quinn,Judith M. Stern,2009 Offers tips and techniques to manage attention disorders including improving organisational skills, strategies for making friends, controlling emotions and being healthy. Aimed at kids and parents.

The Drummer and the Great Mountain - a Guidebook to Transforming Adult ADD / ADHD Michael Joseph Ferguson,2015-11-21 The most comprehensive holistic guide to transforming adult ADD / ADHD. The Drummer and the Great Mountain - A Guidebook to Transforming Adult ADD/ADHD starts with the premise that ADD/ADHD is a neurological type, not a disorder -- shared by countless artists and great minds throughout history. It offers a soulful, comprehensive, and holistic support system for creative individuals looking to maximize their potential and minimize their challenges with focus and consistency. Topics covered: Nutrition, Exercise, Emotional Support Tools, Time Management, Life Visioning, Creating Effective Support Systems, ADD / ADHD and Addiction, Meditation and Mindfulness Practices, and much more. Who Can Benefit: 1. Anyone diagnosed (or self-diagnosed) with ADD / ADHD. 2. Artists, musicians, entrepreneurs, and creative-types who struggle with consistency, structure, self-motivation, and possibly addictive tendencies. 3. People taking ADD / ADHD medication who are looking for effective, natural alternatives. 4. Social Workers, therapists, and wellness professionals seeking a comprehensive support plan for their clients. 5. Spouses, partners, and parents looking for ways to effectively support their loved ones. 6. Teachers, life coaches and support professionals wanting to discover more in-depth tools of support. The Drummer and the Great Mountain is an informative, practical guidebook for those of us with the artistic or entrepreneurial temperament, offering a treasure trove of survival tools, personal growth techniques and coping mechanisms for a personality type that can often be at odds with our linear, rational society. ~ Warren Goldie, Author “This book seems to not only span the whole spectrum of the ADD/ADHD subject but pierces deeply, bringing into focus the essential value of each part of our lives to augment – even perfect – our given natures; no matter how unique, rare or misunderstood.” ~ Doro Kiley, Life Coach “Michael has taken a deeper look at how the foods we eat affect our brain chemistry. He has done a beautiful job explaining this phenomenon in clear and understandable terms; offering a realistic roadmap on how to recognize and take control of detrimental dietary patterns.” ~ Jennifer Copyak, Nutritionist

Superparenting for ADD Edward M. Hallowell, M.D.,Peter S. Jensen,2008-12-30 With decades of experience working with ADD children, Dr. Edward Hallowell has long argued that ADD is too often misunderstood, mistreated, and mislabeled as a “disability.” Now he teams up with top academic ADD researcher Peter S. Jensen, M.D., to bring you an invaluable new approach to helping your ADD child. Superparenting for ADD offers a specific game plan including • UNCONDITIONAL LOVE Tune out the diagnosticians and simply nourish the spirit of your child for who he is. • VIEWING THE MIRROR TRAITS Recognize the positive sides of the negative symptoms associated with ADD: stubbornness = persistence; impulsiveness = creativity; intrusiveness = eagerness. • THE CYCLE OF EXCELLENCE Nurture an environment in which a child can safely take risks, reserve time to let a child dabble as a way to learn, encourage playful practice, support mastery of a skill, and then recognize a child’s accomplishments.

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