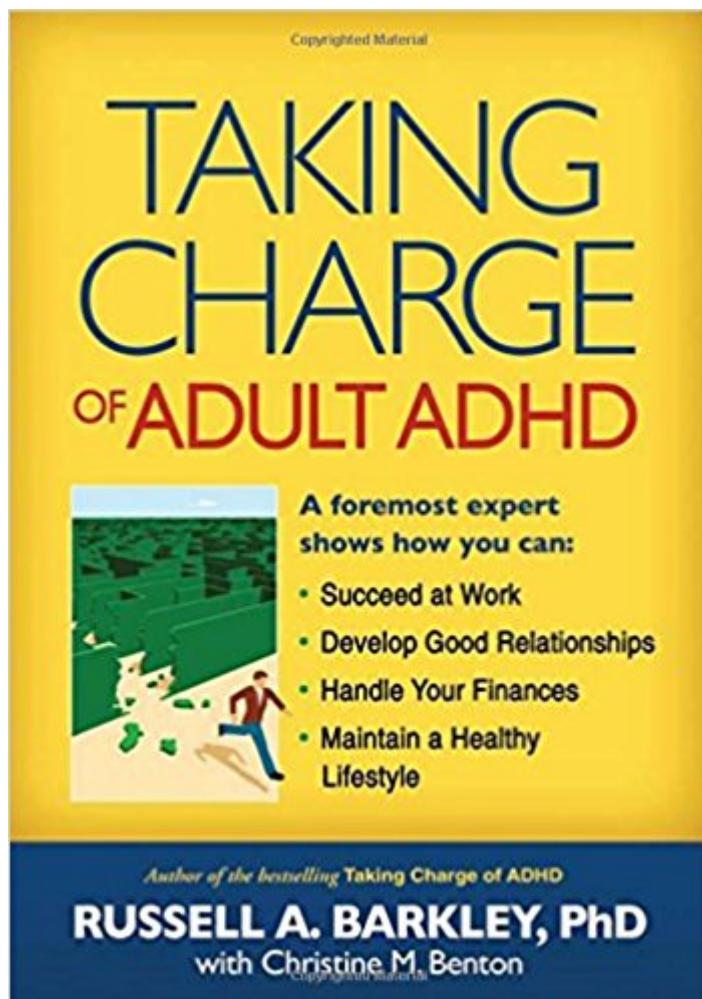


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# Taking Charge Of Adult ADHD



## 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 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*.

## Book Information

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## Customer Reviews

"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

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](http://www.russellbarkley.org). Christine M. Benton is a Chicago-based writer and editor.

As a young adult woman recently diagnosed with ADHD, I bought several books to help me try and understand my life in this new frame. This was the first book I started reading. My spirits fell, however, as I realized through the first few chapters that Dr. Barkley would probably tell me I don't have ADHD. I was a bright child and didn't start doing poorly in school until high school. I don't drive aggressively. I am capable of planning, it just takes me longer than most and sometimes the system breaks down. I don't get "bored" doing repetitive tasks (in fact I tend to enjoy them because it means

I can daydream). According to Dr. Barkley, this means it is less likely that I have adult ADHD. In fact, at the little mention Dr. Barkley makes of primarily inattentive ADHD, he actually spends more time explaining his newly ideated disorder "sluggish cognitive tempo," which shares a lot of characteristics with ADHD-PI but seems to involve a more hypoactive personality than a "flighty" one. From other sources, there doesn't seem to be a lot of evidence that this is actually a separate disorder. Above all, he can offer no advice about how to deal with this nor the case of when you're in a gray area between ADHD and not-ADHD -- a sidebar implies that if you don't fit his criteria perfectly, you must be ascribing your normal failure to meet very high standards to a mental disorder you do not have. However, other sources indicate that ADHD of a significant impairment level in women can look different from that of men -- and they tend to have ADHD-PI -- and Dr. Barkley does not ever mention this, as far as I can tell. Dr. Barkley says that there is no evidence hormones outside of menopause (such as during menstruation) can affect ADHD symptoms, and leaves it at that, but many women have reported noticing a difference during their periods of the efficacy of their ADHD drugs, and scientists are currently researching this question. One of Dr. Barkley's checklists indicates you should have seen significant impairment by middle school, but The National Center for Girls and Women with ADHD has indicated that many women don't experience a significant problem until as late as college. Above all I resent his statement that "Saying that a person functioning as well as or even better than the average or typical person can still be considered impaired makes a mockery of the concept of 'disorder' and does a disservice to those struggling with really not being able to function as well as the norm." There is some truth in this statement, but an attitude like this would ignore the suffering of many women, where research has shown that many external observers would rate those women as not having a problem, when they do and ADHD treatment makes their lives easier and often also makes secondary depression and anxiety go away. To quote one review of scientific studies, "Knowledgeable informants (eg, families, teachers, colleagues) may be more likely to overlook ADHD symptoms in women and girls and are therefore less likely to refer them for diagnosis or treatment. "Nothing I can find in this book seems to mention how much of the research he relies on was done on adult women. I'm going to look into this further as well as report back later on whether I find his suggested coping mechanisms helpful, still. In the meantime I hope to find a different resource that will reflect my own experience better. In short, this book may help you -- but don't be discouraged if you don't match it perfectly. I didn't let myself get discouraged, and now I have a diagnosis and my life has improved considerably with treatment.

Excellent helps for those of us struggling with ADD. They are practical and very helpful. I learned a lot of things, and he was describing me exactly! I will have to go back many times and review these; as they are not automatic for me. But I had learned quite a few things on my own, and he takes them to the next step.

"Taking Charge of Adult ADHD" was a good read, although I keep on going back and using it as a reference. It is revealing and apocalyptic as it tells you plainly that ADHD is not a gift or a charisma as some other ADHD book authors like to call it. The book is realistic and does not just give you the facts. It gives you the very basic rules needed to manage your adult adhd tendencies. Just as with the rest of the books, I have mind mapped the main chapters and points of the book, and using it as starting point to build from there by adding my own experiences and solutions to adhd challenges. I wish the book was more insightful though. In the overall, this is a very good book, well researched and well written. I gave it only four stars rating because I was expecting more insightful information/solutions for adult adhd. Stelios Nicolaou author of the book: Depression: My Witness, Your Solution (Five easy steps to Reprogramme your little inner voice and set your mind free)

excellent read for adults with ADD and their friends and family as well.

Everything I've been looking for as an adult with ADD. Dr Barkley is lucid and helpful about the realities of coping with ADD. A must buy.

Good book. Recommended

This book has changed my life! If you have ADHD, BUY this book and keep it nearby. Read it when you get interested and want to learn about it. So much more than your average self-help book.

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.

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