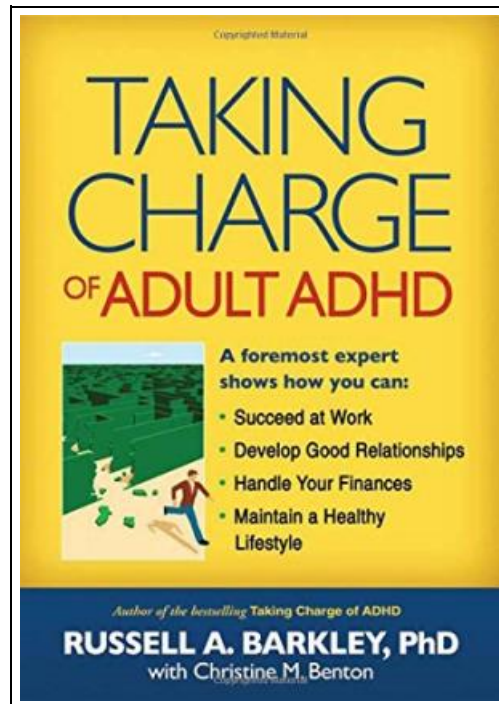


Taking Charge of Adult ADHD



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Reviews

This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.
(Ivy Pollich)

TAKING CHARGE OF ADULT ADHD



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The Guilford Press. Paperback. Condition: New. 294 pages. Dimensions: 9.7in. x 7.1in. x 0.9in. 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*. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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