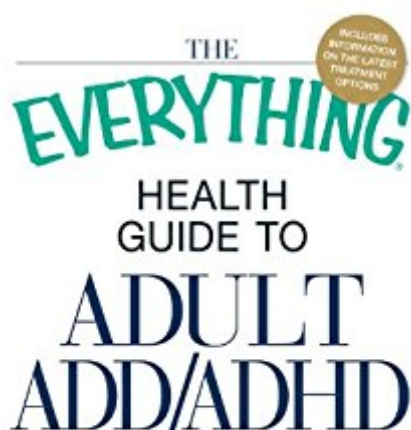


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# The Everything Health Guide To Adult ADD/ADHD: Expert Advice To Find The Right Diagnosis, Evaluation And Treatment (Everything®)



## Synopsis

People with undiagnosed Adult ADD/ADHD suffer highly chaotic lives--and often struggle with problems such as fatigue, depression, drug abuse, and learning disabilities. The good news is that treatment can go a long way toward getting this condition in check. But before anyone can manage the problem, they have to be able to identify it, starting with a thorough understanding of what it looks like in adults. This guide helps you:

- Understand telltale signs and symptoms
- Find the right specialist
- Choose the right treatment
- Decide whether talk therapy is right for you
- Learn how to lead a happier and more productive life

This guide also helps remove the guilt and blame surrounding ADD/ADHD by reassuring that it is a real syndrome with a biological cause, and not the result of laziness or a lack of motivation or discipline. From diagnosis to life after treatment, this book will guide you with a reassuring hand every step of the way.

with ADD/ADHD and co-existing behavioral health conditions.

## Book Information

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## Customer Reviews

Just a warning - this is both a review of the book and how it has helped me personally. This book is

fantastic for someone who wants to better understand the disorder. It gives an overview of all of the treatment options and states which are scientifically supported and which are considered controversial. A very useful aspect to having the book has been that my girlfriend has gained a much better understanding for why I am the way I am. The book is packed with useful statistics that show just how much more difficult everyday things are for those of us with ADHD. For example, the book includes statistic such as only 12 percent of ADHD adults get a bachelors degree and only 4 percent of ADHD adults are able to establish and maintain a professional career. It also talks about all the great traits ADHD adults usually have such as creativity and guts. It quotes Forbes magazine as saying people with ADHD are 100 times as likely as people without it to start their own business. The book is full of facts and statistics. While the book has a lot of useful information, this is not an advanced text. It does discuss the most popular current scientific theories as to the origin of the disorder, but is not packed with advanced discussion on the topic. It discusses the benefits of talk therapy and behavior modification as well as giving a great overview of the medication options, but you will need to seek more targeted advanced books if you want a really in-depth discussion. This book is really just a great overview and introduction.

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