



Adult AD/HD: A Reader Friendly Guide to Identifying, Understanding, and Treating Adult Attention Deficit/Hyperactivity Disorder Revised and Updated

Michele Novotni, Thomas A. Whiteman

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Written especially for adults with AD/HD, this book has an easy-to-read format and includes highlighted summaries to get its message across. Using true stories, *Adult AD/HD* brings a better understanding to professional caregivers and the families, friends, and coworkers of those with AD/HD by:

- Identifying, explaining, and dispelling the myths surrounding AD/HD
- Examining the symptoms of AD/HD
- Giving reasonable methods for diagnosis and treatment of AD/HD

Includes chapters on coaching and alternative treatment options.

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