

Suggested AD/HD Reading List

Books are listed here for your information and convenience only. The reading audience categories are general guidelines. A book's appearance on this list DOES NOT constitute an endorsement of its contents by CHADD and/or CHADD of Utah. Please read CHADD of Utah's disclaimer that can be found at the bottom of our website.

Book Title	Category
<p>Out of the Fog: Treatment Options and Strategies for Adult Attention Deficit Disorder.</p> <p>Kevin R. Murphy and Suzanne LeVert. (1995) ISBN # 0786880872. The time management tips and organizational skills surely could be helpful, and more helpful for the hyperactive type, than those who are strictly inattentive. Pluses are also that it delves into issues of alcohol abuse, which are lacking in strictly "strategies" books</p>	<p>Adult</p>
<p>ADD and Success.</p> <p>Lynn Weiss, Ph.D. (1998) ISBN #0-87833-994-9. This book will guide you to understand and embrace your ADD characteristics, helping you lead a more enjoyable and productive life.</p>	<p>Adult</p>
<p>ADD in the Workplace: Choices, Changes, and Challenges.</p> <p>Kathleen G. Nadeau, Ph.D. (1997) ISBN #0-87630-847-7. This guide focuses on adults living with ADD, and illustrates various ways to initiate and maintain the best possible work situation.</p>	<p>Adult</p>
<p>ADD-Friendly Ways To Organize Your Life.</p> <p>Judith Kolberg, & Kathleen Nadeau, Ph.D. (2002) ISBN #1-58391-358-0. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD eAdultperts in two important fields: professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.</p>	<p>Adult</p>
<p>ADD Success Stories: A Guide to Fulfillment for Families with Attention Deficit Disorder.</p> <p>Thom Hartmann. (1995) ISBN #1-887424-03-2. Real-life stories of people with attention deficit disorder who achieved success in school, at work, in marriages and relationships.</p>	<p>Adult</p>
<p>Adventures in Fast Forward: Life, Love, and Work for the ADD Adult.</p> <p>Kathleen G. Nadeau, Ph.D. (1996) ISBN #0-87630-800-0. This resource is filled with important tools and tactics for self-care and success and includes many personal stories from others that tell how and why these approaches worked for them.</p>	<p>Adult</p>
<p>Answers to Distraction.</p> <p>Edward M. Hallowell, M.D. and John J. Ratey, M.D. (1996) ISBN #055337821X.</p>	<p>Adult</p>
<p>Attention Deficit Disorder: A Different Perception.</p> <p>Thom Hartmann. (1993) ISBN #1-887424-14-8. Thom Hartmann explains some of the positive characteristics sometimes associated with ADD and provides an explanation of the disorder that can help adults at home, work and in school.</p>	<p>Adult</p>

<p>Attention Deficit Disorder in Adults.</p> <p>Lynn Weiss, Ph.D. (1997) ISBN #0-87833-979-5. ADD frequently persist into adulthood, affecting as much as 10 percent of the adult population. Only recently have adults begun to recognize the symptoms in themselves and in spouses or relatives.</p>	<p>Adult</p>
<p>Driven to Distraction – Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood.</p> <p>Edward M. Hallowell, M.D. John J. Ratey, M.D. (1995) ISBN# 0-671-89983-X</p>	<p>Adult</p>
<p>Journeys Through ADDulthood.</p> <p>Sari Solden (2002) ISBN #ISBN #0-8027-1376-9. Offers a wealth of wisdom, sound advice, reassuring experiences, and hope for adults with ADHD.</p>	<p>Adult</p>
<p>Scattered: How Attention Deficit Disorder Originates and What You Can Do About It.</p> <p>(2000) written by a doctor who himself has Attention Deficit Disorder, offers a completely new perspective on ADD and a new approach to helping children and adults living with the problems Attention Deficit Disorder presents.</p>	<p>Adult</p>
<p>Understanding Women with AD/HD.</p> <p>Kathleen G. Nadeau, Ph.D. and Patricia O. Quinn, M.D. (1995) ISBN #0-9660366-4-6. A companion to Understanding Girls with AD/HD, this book eAdultpands and extends the dialogue about AD/HD and gender issues.</p>	<p>Adult Girls / Women</p>
<p>What Does Everybody Else Know That I Don't? Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder (AD/HD).</p> <p>Michele Novotni, Ph.D. (1999) ISBN #1-886941-34-3. Social skills help for ADD adults. Highly recommended.</p>	<p>Adult</p>
<p>Women with Attention Deficit Disorder.</p> <p>Sari Solden, MS MFCC. (1995) ISBN #1-887424-14-8. Sari Solden combines real-life histories, treatment experiences and recent clinical research to highlight the special challenges facing women with Attention Deficit Disorder.</p>	<p>Adult Girls / Women</p>
<p>You Mean I'm Not Lazy, Stupid, or Crazy?! A Self-Help Book for Adults with Attention Deficit Disorder.</p> <p>Kate Kelly and Peggy Ramundo. (1996) ISBN #0684815311.</p>	<p>Adult</p>
<p>The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life.</p> <p>Robert Brooks, Ph.D. and Sam Goldstein, Ph.D. (2004) ISBN # 07-1391045. Describes how adults can develop a "resilient mindset.", while the word "resilient" is usually associated with people overcoming great adversity, daily stress often requires resilience.</p>	<p>Adult Children</p>
<p>Healing ADD.</p> <p>Daniel G. Amen, M.D. (2001) ISBN #0-399-14644-X. Dr. Amen explains his theory of the six types of ADD and provides a comprehensive treatment program that can lead to normal, peaceful, and fully functional life.</p>	<p>Adult Parent</p>

<p>ADHD: Attention-Deficit Hyperactivity Disorder in Children, Adolescents, and Adults.</p> <p>Paul H. Wender, M.D. (2001) ISBN #0-19-511349-7. This book reviews what is known about ADHD, its symptoms, its life course, its causes and the usefulness of various treatments.</p>	<p>Adult</p> <p>Parent</p> <p>Teacher</p>
<p>Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder, and Dyslexia.</p> <p>Dale S. Brown. (2000) ISBN #0933149875.</p>	<p>Adult</p> <p>Teens</p>
<p>Shelley, The Hyperactive Turtle.</p> <p>Deborah Moss. (1989) ISBN #3314931 Here is the delightful story of a bright young turtle who is not like all the other turtles. Shelley moves like a rocket, and is unable to sit still for even the shortest periods of time.</p>	<p>3 -7</p>
<p>Otto Learns About His Medicine.</p> <p>Mathew Galvin, M.D. (2001) ISBN #1-55798-772-6. Otto is a high-octane young car whose motor runs too fast. He also has trouble paying attention in school, is easily distracted, and says and does things without thinking. Otto and his parents visit a pit crew of special mechanics, who prescribe a medicine to help slow down Otto's racing motor and help him find ways to become more focused and organized.</p>	<p>5 -10</p>
<p>Putting On The Brakes.</p> <p>Patricia O. Quinn, M.D. and Judith Stern, M.A. (2001) ISBN #1-55798-795-5. All you need to know about Attention Deficit Disorder, with or without hyperactivity: what it is and what to do about it. This classic resource for young people, their parents, and professionals is now revised and expanded.</p>	<p>8 -12</p>
<p>Zipper, The Kid with ADD.</p> <p>Caroline Janover. (1997) ISBN #0-933149-95-6. "Stop tapping," says Zipper's sister during dinner. " Can't you ever sit still?" It seems Zipper (a.k.a. Zachary Winson) is always annoying somebody. He speaks before he thinks, making it hard to keep friends; he forgets to do his homework; and although he's a talented pitcher, he misses a key baseball game. Underneath it all, Zipper is a smart, motivated fifth grader, but his impulsiveness gets him into a lot of trouble at home and at school. Follow Zipper as things start to turn around, and everyone roots for him to succeed.</p>	<p>8 -13</p>
<p>Adventures of Piper the Hyperactive Mouse</p> <p>by Mark Lowry & Martha Bolton. There are 4 books in this series: Pipers Night Before Christmas (1998) ISBN #1582290008; Nighttime Is Just Daytime With Your Eyes Closed (1999) ISBN #1582290768; Piper Steals The Show (2000) ISBN #1582291276; and Piper's Twisted Tale (2001) ISBN #1582291926. Growing up with ADHD, the author, Mark Lowry, readily identifies with the character in his books, Piper the Hyperactive Mouse. Mark is a multi-talented artist who is a popular Christian comedian, singer, and songwriter, as well as author of these wonderful children's books. Each book comes with a CD with Mark narrating the story, these books are a must!</p>	<p>Adult</p> <p>Parent</p> <p>General</p> <p>Teacher</p> <p>Teens</p> <p>Children</p>

<p>Learning Outside the Lines.</p> <p>Jonathan Mooney and David Cole. (2000) ISBN #0-684-86598-X. Two Ivy League Students with Learning Disabilities and ADHD give you the tools for academic success and educational revolution.</p>	<p>Teens</p>
<p>ADHD and the Nature of Self-Control.</p> <p>Russell A. Barkley, Ph.D. (1997) ISBN #1-57230-250-X. Russell A. Barkley provides a radical shift of perspective on ADHD, arguing that the disorder is fundamentally a developmental problem of self-control, and that a deficit in attention is a secondary, and not universal, characteristic.</p>	<p>General</p>
<p>Attention Deficit Disorders and Comorbidities in Children, Adolescents and Adults.</p> <p>Thomas E. Brown, Ph.D. (2000) ISBN #0-88048-711-9. This book is quite different from most existing books on ADHD. It includes clear explanation of a new model for understanding ADHD as a complex set of impairments in management functions of the mind.</p>	<p>General</p>
<p>ADHD and Teens: A Parent's Guide to Making It Through the Tough Years.</p> <p>Colleen Alexander-Roberts. (1995) ISBN #0-87833-899-3. Unlike the parents of elementary school children with ADHD, parents of ADHD teens must focus on gaining the keeping control of the situation because the risks are increased in severity and consequence. ADHD and Teens is a manual of practical advice to help parents cope with the problems that can arise during these years.</p>	<p>Parent</p>
<p>ADHD Handbook for Families: A Guide to Communicating with Professionals.</p> <p>Paul Weingartner. (1999) ISBN #0-87868-750-5. This empowering book gives families practical, concrete know-how. The ADHD Handbook is packed with proven, real-life strategies and techniques that can be put to use immediately, including how to develop behavior modification plans by accurately observing, recording, and reporting behavior; how to decide if and when to use medication; how to work with clinical and education professionals and other members of the family for effective interventions.</p>	<p>Parent</p>
<p>ADHD in the Young Child Driven to Redirection: A Guide for Parents and Teachers of Young Children with ADHD.</p> <p>Cathy Reimers, Ph.D. and Bruce A. Brunger. (1999) ISBN #1-886941-32-7. A unique book, where the authors sensitively and effectively describe what life is like living with a young child with ADHD. They review characteristics of ADHD, causes, and medical and behavior modification treatments.</p>	<p>Parent</p>
<p>AD/HD & Driving: A Guide for Parents of Teens with AD/HD.</p> <p>J. Marlene Snyder, Ph.D. (2001) ISBN #0-9708813-0-4. This book makes parents aware of the many decisions that they must make before putting their child in the driver's seat. Practical checklists, worksheets, and sample contracts are provided to assist the parent in encouraging safe driving behavior in their child who has AD/HD.</p>	<p>Parent</p>
<p>Attention Deficit/Hyperactivity Disorder: What Every Parent Wants to Know.</p> <p>David L. Wodrich. (2000) ISBN #1-55766-398-X. This new book provides an excellent resource for understanding and diagnosing ADHD, as well as "overlapping" disorders, like ODD, and Conduct Disorder. There is also a detailed section on treatment, including behavior management and medication.</p>	<p>Parent</p>
<p>All About Attention Deficit Disorder.</p> <p>Thomas Phelan, Ph.D. (1996) ISBN #1-889140-11-2. A readable, practical and comprehensive manual for parents and teachers interested in understanding the facts about ADD.</p>	<p>Parent</p>

<p>Attention Deficit Disorder and Learning Disabilities: Realities, Myths and Controversial Treatments.</p> <p>Barbara D. Ingersoll, Ph.D. and Sam Goldstein, Ph.D. (1993) ISBN #0-385-46931-4. This guide helps parents and professionals to recognize symptoms of learning disabilities and attentional disorders. Covers in detail conventional treatments that have been scientifically validated plus more controversial methods of treatment such as orthomolecular therapies, amino acid supplementation, dietary interventions, EEG biofeedback, cognitive therapy, sensory integration therapy, and visual training.</p>	<p>Parent</p>
<p>Attention, Please!</p> <p>Edna D. Copeland, Ph.D. and Valerie L. Love, M.Ed. (1995) ISBN #1-886941-02-5. This comprehensive guide for successfully parenting children with ADD and hyperactivity, enables parents to knowledgeably orchestrate the group of professionals and educators who impact their children's lives.</p>	<p>Parent</p>
<p>Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents, and Adults with Attention Deficit Disorders.</p> <p>Stephen W. Garber, Ph.D., Marianne Daniels Garber, Ph.D., and Robyn Freedman Spizman. (1997) ISBN #0-06-097725-6. The authors respond to concerns all parents and individuals have about using medications to treat disorders such as ADHD, explain the importance of treatment program for those with this condition, and discuss fads and fallacies in current treatments.</p>	<p>Parent</p>
<p>Dr. Larry Silver's Advice to Parents on ADHD.</p> <p>Larry Silver, M.D. (1999) ISBN #0-812930-52-5. This resource addresses the subjects all parents wonder about when they suspect their child has ADHD: causes, signs to look for, getting an accurate diagnosis, latest information on medications, and other treatments.</p>	<p>Parent</p>
<p>Life on the Edge: Parenting a Child with ADD/ADHD.</p> <p>David Spohn. (1998) ISBN #1568382065. Life on the Edge shares without shame the stories of disaster and the joys of daily successes that mark life with an ADD/ADHD child. This compelling and compassionate book assures us that we are not alone, that the stressful and heartbreaking situations we encounter can be survived and laughed at, and that love and joy do exist in the midst of the family conflicts ADD can trigger.</p>	<p>Parent</p>
<p>Power Parenting for Children with ADD/ADHD: A Practical Parent's Guide for Managing Difficult Behaviors.</p> <p>Grad L. Flick, Ph.D. (1996) ISBN #0-87628-877-8. Written in clear, non technical language, this parental guide provides practical, real-life techniques and activities to help children with ADD/ADHD overcome social problems, build self-esteem, remove or decrease problem behaviors and addresses homework problems.</p>	<p>Parent</p>
<p>Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child.</p> <p>Robert Brooks, Ph.D. and Sam Goldstein, Ph.D. (2002) ISBN #0-8092-9765-5. This book explains how to help children become emotionally and mentally strong to face the challenges of modern life.</p>	<p>Parent</p>
<p>Self-Esteem Revolutions in Children: Understanding and Managing the Critical Transitions in Your Child's Life.</p> <p>Thomas Phelan, Ph.D. (1996) ISBN #1-889140-01-5. As youngsters grow up, they experience sweeping changes in self-esteem. Dr. Phelan clearly explains why these "revolutions" occur, offering easily understood step-by-step methods for parents to help young children and teens gain self-respect.</p>	<p>Parent</p>

<p>Seven Steps to Help Your Child Worry Less.</p> <p>Sam Goldstein, Ph.D., Kristy Hagar, Ph.D., and Robert Brooks, Ph.D. (2003) ISBN #1-886941-46-7. Start by understanding why children worry, and recognize if your child needs help with excessive worry.</p>	<p>Parent</p>
<p>Seven Steps to Homework Success.</p> <p>Sydney Zentall, Ph.D. and Sam Goldstein, Ph.D. (1998) ISBN #1-886941-22-X. Put an end to homework hassles with this practical, user-friendly workbook. The authors explain: the importance of homework; avoiding common traps parents get caught in helping their child with homework; developing productive homework alliance with your child; building a Learning Station to assist with homework completion, and teaching your child to work independently.</p>	<p>Parent</p>
<p>Straight Talk About Psychiatric Medications for Kids.</p> <p>Timothy E. Wilens, M.D. (1998). ISBN #1-57230-204-6. With numerous real-life examples, answers to frequently asked questions, and helpful tables and charts, Harvard University researchers and practitioner Timothy Wilens explains which medications may be prescribed for children and why.</p>	<p>Parent</p>
<p>Surviving Your Adolescents: How to Manage and Let Go Of Your 13-18 Year Olds.</p> <p>Thomas Phelan, Ph.D. (1989) ISBN #1-889140-08-2. Adolescents don't have to drive you crazy as they push towards independence. Dr. Phelan gives you a step-by-step approach that will help end the hassles and offers concrete solutions.</p>	<p>Parent</p>
<p>Taking Charge of ADHD: The Complete Authority Guide for Parents.</p> <p>Russell Barkley, Ph.D. (2000) ISBN #1-57230-560-6. A parent resource incorporating the most current information on ADHD and its treatment.</p>	<p>Parent</p>
<p>Teenagers with ADD: A Parent's Guide.</p> <p>Chris A. Zeigler Dendy, M. S. (1995) ISBN #0-933149-69-7. This book provides parents with the tools they need to raise a healthy, well adjusted teen. In this book, parents will find information and advice about maintaining a positive attitude, seeking appropriate treatment and interventions, and how to advocate for themselves.</p>	<p>Parent Teens</p>
<p>The Explosive Child.</p> <p>Ross Greene, Ph.D. (2001) ISBN #0-694-52190-6. A practical approach to treating "explosive" children. Dr. Greene explains that the difficulties of these children stem from brain based deficits in the ability to be flexible and to handle frustration.</p>	<p>Parent</p>
<p>Understanding Girls with Attention Deficit Hyperactivity Disorder.</p> <p>Kathleen Nadeau, Ellen B. Littman, and Patricia O. Quinn. (1999) ISBN #0-9660366-5-4. For many girls, ADHD symptoms are a hidden problem often overlooked or misunderstood. Diagnosed later, symptom may go untreated. Find out how ADHD affects girls from preschool through high school.</p>	<p>Parent Girls / Women</p>
<p>Voices From Fatherhood: Fathers, Sons and ADHD.</p> <p>Patrick J. Kilcarr, Ph.D. and Patricia O. Quinn, M.D. (1997) ISBN #0-87630-858-2. The father-son relationship is a special one. Written to specifically help fathers navigate the complex world of fatherhood and ADHD, this book helps fathers enhance and deepen their relationships with their sons while providing them with strategies for guiding their sons.</p>	<p>Parent</p>

<p>Your Defiant Child: Eight Steps to Better Behavior.</p> <p>Russell Barkley, Ph.D. and Christine M. Benton. (1998) ISBN #1-57230-321-2. This book helps concerned parents understand what causes child defiance, when it becomes a problem, and how it can be resolved.</p>	<p>Parent</p>
<p>Help 4 ADD @ High School.</p> <p>Kathleen Nadeau, Ph.D. (1998) ISBN# 0-9660366-1-1. If you are a teenager with ADD, this book was written with you in mind. Designed like a web site that you can "surf". Its short, easy-to-read, information-packed sections will tell you what you need to know about how to get your life together, for yourself, not your parents and your teachers.</p>	<p>Teens</p>
<p>Teaching Teens with ADD and ADHD.</p> <p>Chris A. Zeigler Dendy, M. S. (1993) ISBN #1-890627-20-8. This comprehensive book recognizes the pivotal role teachers play in the long-term success of their students with ADHD in middle school and high school.</p>	<p>Teacher</p> <p>Teens</p>
<p>The ADD/ADHD Checklist, An Easy Reference for Parents & Teachers.</p> <p>Sandra Rief, M. A. (1998) ISBN #0-13-762395-X. This unique resource for parents and teachers is packed with up-to-date facts, findings and proven strategies and techniques for understanding and helping children and adolescents with attention deficit problems and hyperactivity.</p>	<p>Parent</p> <p>Teacher</p>
<p>The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders.</p> <p>Sandra F. Rief. (2003) ISBN #078796591X.</p>	<p>Parent</p> <p>Children</p> <p>Teens</p> <p>Teacher</p>
<p>How to Reach and Teach ADD/ADHD Children.</p> <p>Sandra Rief, M.A. (1993) ISBN #876284136. For educators, specialists, and parents, a remarkable resource packed with classroom-tested techniques and practical know-how for helping children with attention deficit disorders with or without hyperactivity.</p>	<p>Parent</p> <p>Teacher</p>
<p>Study Strategies for Early School Success.</p> <p>Sandi Sirotowitz, M. Ed., Leslie Davis, M. Ed., and Harvey C. Parker, Ph.D. (2003) ISBN #1-886941-55-6. A book for students grades three through six. The focus is on teaching the following strategies: organizing school supplies and work space; taking notes in class; improving reading comprehension; getting homework done; getting better grades on tests; writing book reports and doing projects; and doing oral presentations.</p>	<p>Parent</p> <p>Teacher</p>
<p>A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors.</p> <p>Chris A. Zeigler Dendy and Alex Zeigler. (2003) ISBN #0967991137. Written by twelve teens a young adult for teens.</p>	<p>Teens</p>
<p>Study Strategies Made Easy: A Practical Plan for School Success.</p> <p>Leslie David, M. Ed., and Sandi Sirotowitz, M.Ed. with Harvey C. Parker, Ph.D. (1996) ISBN #1-886941-03-3. Teaches Students in grades six through twelve how to learn, the true key to acquiring knowledge. Strategies focus on organizing skills, time management, improving reading comprehension, vocabulary development, communication, how to study for tests effectively, memorization and more.</p>	<p>Teacher</p> <p>Teens</p>