

## References for ADHD Recommendations and Useful Resources

1. Creating Structure & Routine
  - Hallowell, E. M., & Ratey, J. J. (2005). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood*. Touchstone.
  - Barkley, R. A. (2014). *Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*. The Guilford Press.
2. Minimizing Distractions
  - Solanto, M. V. (2001). *Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*. Guilford Press.
  - Russell, A. J., & Weaver, T. (2017). *Reducing Distractions for Adults with ADHD. ADHD: A Guide for Adults*.
3. Breaking Tasks into Manageable Steps
  - Brown, T. E. (2005). *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*. Yale University Press.
  - Nadeau, K., & Quinn, P. O. (2005). *ADHD in Adults: What the Science Says*. The Guilford Press.
4. Building Accountability
  - Nadeau, K., & Quinn, P. O. (2002). *Understanding Women with ADHD*. The Guilford Press.
  - Safren, S. A., Sprich, S., & Perlman, C. A. (2010). *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*. Routledge.
5. Organizing Your Life
  - Kewley, P. (2009). *Organizing Solutions for People with ADHD*. New Harbinger Publications.
  - Zylowska, L. (2012). *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Distractions, and Improving Relationships*. Shambhala.
6. Mindfulness & Relaxation
  - Zylowska, L. (2012). *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Distractions, and Improving Relationships*. Shambhala.
  - Jensen, P. S., & Hinshaw, S. P. (2011). *The ADHD Explosion: Myths, Medications, and Money*. The Guilford Press.
7. Positive Reinforcement

- Barkley, R. A. (2013). *Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*. The Guilford Press.
- Quirk, C. (2011). *Positive Reinforcement: An Approach to ADHD Success*. ADHD Parenting Solutions.

#### 8. Seeking Professional Support

- Barkley, R. A. (2014). *Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*. The Guilford Press.
- Safren, S. A., & Adler, L. A. (2005). *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*. Routledge.

#### 9. Sleep & Nutrition

- Hallowell, E. M., & Ratey, J. J. (2005). *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood*. Touchstone.
- Rapoport, J. L., & Szatmari, P. (2012). *The ADHD Workbook for Parents: A Guide to Solving Common Parenting Challenges*. New Harbinger Publications.

#### 10. Patience with Yourself

- Kutscher, M. L. (2005). *ADHD: Living Without Brakes*. The Guilford Press.
- Brown, T. E. (2013). *Smart but Stuck: Emotions in Teens and Adults with ADHD*. Jossey-Bass.