



Adult ADHD Resource List

Websites, Organizations, Resources

[ADHD Adults](#)

[Executive Functioning Success](#)

[ADDitude](#)

[CHADD](#)

[Totally ADD](#)

[Focusmate](#)

[Job Accommodation Network](#)

[Attention Magazine](#)

Books:

[Women with Attention Deficit Disorder \(2nd Ed\)](#) by Sari Solden

[A Radical Guide for Women with ADHD](#) by Solden and Frank

[Divergent Mind](#) by Jenara Nerenberg

[ADHD 2.0](#) by Hallowell and Ratey

[Scattered Minds](#) by Gabor Mate

[Outside the Box](#) by Thomas E. Brown

[Smart But Stuck](#) by Thomas E. Brown

[Taking Charge of Adult ADHD](#) by Barkley and Benton

[Your Brain's Not Broken](#) by Tamara Rosier

[Couple's Guide to Thriving with ADHD](#) by Orlov and Kohlenberger

[The ADHD Effect on Marriage](#) by Melissa Orlov

[Natural Relief for Adult ADHD](#) by Stephanie Moulton Sarkis

www.resonancetherapy.org



[ADHD and Your Money](#) by Stephanie Moulton Sarkis

[The Mindfulness Prescription for Adult ADHD](#) by Lidia Zylowska

[The Queen of Distraction](#) by Terry Matlen

[Fast Minds](#) by Surman and Bilkey

Podcasts + YouTube

[Talking ADHD with Dr. Joel Schwartz](#)

[How to ADHD with Jessica McCabe](#)

[Hacking Your ADHD](#)

[Black Girl, Lost Keys with Rene Brooks](#)

[Purple Ella](#)

[ADHD YouTube Channel](#)

[ADHD and the Polyvagal Theory with Justin Sunseri](#)

[ADHD Chatter Podcast with Alex Partridge](#)

[ADDitude ADHD Experts Podcast](#)

[ADHD reWired with Eric Tivers](#)

[Adult ADHD ADD podcast with Bahman Surman and Michael Joseph Ferguson](#)

Social Media

[Jenn Has ADHD](#) (FB/IG)

[The ADHD Gift](#) (FB)

[ADHD While Black](#) (TikTok)

[Neurodivergent Rebel](#) (IG)

[ADHD Meme Therapy](#) (FB/IG)

[The AUDHD Therapist](#) (FB)