

### IS IT YOU, ME, OR ADULT A.D.D.? STOPPING THE ROLLER COASTER WHEN SOMEONE YOU LOVE HAS ATTENTION DEFICIT DISORDER

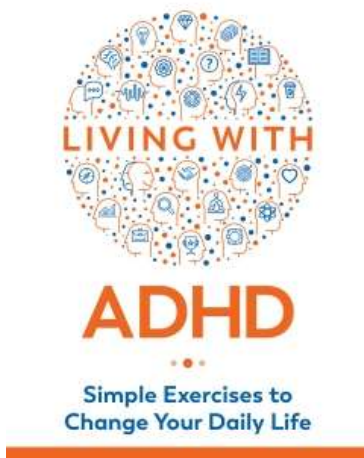
This book is perfect for couples struggling along where one partner undiagnosed with ADHD is in perfect denial. It is full of information; illustrated by real case studies of what effect ADHD has on relationships, finances, children, careers and the non-ADHD partner. Some of the case studies are real horror stories of divorce and violence; some are tales of hope and survival of the fittest.

In part three the sub head is 'Your Relationship and the Art of Roller Coaster Maintenance', giving success strategies for stopping the ADHD roller coaster and standing on solid ground or at least installing airbags and shock absorbers. This tells us that much of the information is dealt with both humorously and realistically. The book gives voice to the many non-ADHD partners who struggle with chaotic partners who will often refuse to accept they have a problem. What a relief it must have been to them to be listened to for once. This authoritative guide has many top-notch endorsements already and I'm sure it will take its rightful place in the canon of classic books on ADHD



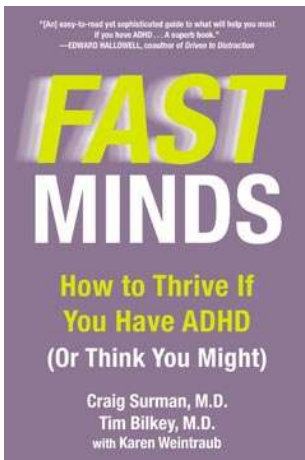
### LIVING WITH ADHD SIMPLE EXERCISES TO CHANGE YOUR DAILY LIFE

BY THOM HARTMANN. FOREWORD BY RICHARD BANDLER.



One of the first rules of child-rearing is "condemn the behaviour, not the child." Yet this common sense rule doesn't seem to apply in the case of attention deficit disorder, or ADHD, where the very name of the condition implies that those labelled with it are "disordered," "deficient," and incapable of paying attention. Those with ADHD grow up wounded, told by teachers, guidance counsellors, even parents that they are dysfunctional and unable to succeed in the "normal" world. But, as ADHD expert Thom Hartmann explains, those with ADHD are capable of great success if they can shift the negative self-image created by others and learn to work with their unique strengths. In this accessible guide for adults with ADHD and the parents and teachers of ADHD children, Hartmann offers a practical system of useful tools and strategies to heal the damage done to a person who grew up labelled as "dysfunctional" and help them cope with—and succeed at daily life. He explains how the character traits of ADHD were once valuable assets in hunter-gatherer societies and that the later dominance of agricultural and industrial societies, where "farmer" and "worker" skillsets excel, left ADHD "hunters" as behavioural outcasts. Sharing simple and often fast-acting techniques from neurolinguistic programming (NLP), Hartmann explains how those with ADHD can take back their personal power, recalibrate painful memories into valuable learning experiences, shed fears and negative habits, and rebuild their self-image in a positive way. By integrating the strategies in this book into daily life, those with ADHD can transform their way of responding to the world, discover personal motivation, and teach their children to do the same. As Hartmann reveals, it is not ADHD that needs to be healed but our attitudes toward those born with the "hunter" gift.





**HOW TO THRIVE IF YOU HAVE ADHD (OR THINK YOU MIGHT)** BY CRAIG SURMAN AND TIM BILKEY  
WITH KAREN WEINTRAUB.

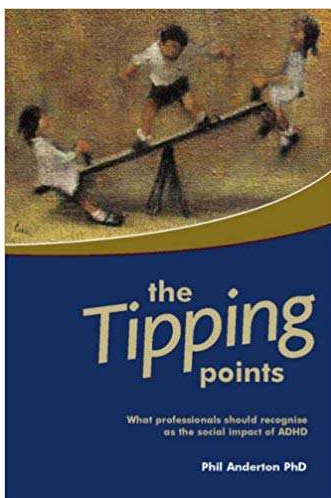
FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported. This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop personalized strategies to take control of your life. Forgetful. Achieving below potential. Stuck in a rut. Time challenged. Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered.

If any or all of these symptoms are making it difficult for you—or someone you know—to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges.

Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, FAST MINDS will help you:

- Figure out what isn't working in your life, and the keys to fixing it.
- Build personalized strategies for managing your time, tasks, and relationships.
- Learn organizational habits that work for you.
- Stop communicating poorly, making impulsive choices and taking pointless risks.
- Eliminate negative thinking patterns that waste your mental energy.
- Create environments that support your challenges.
- Make the most of both medical and nonmedical resources (medication, coaching, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change).

With inspiring stories of real people who have adapted and thrived using the methods in this book, FAST MINDS will help you create the kind of life you want to live.

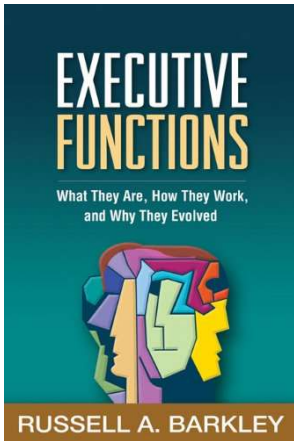


**THE TIPPING POINTS**

For parents and professionals alike this book offers down to earth explanations of ADHD and explains how young people with ADHD are at greater risk, whilst offering solutions that minimise the chances of those people suffering unnecessarily.

The book highlights the outcomes of poorly managed ADHD including pathways into crime, anti-social behaviour and personal danger, and outlines ways to reduce those risks with easy to follow and pragmatic text and checklists.

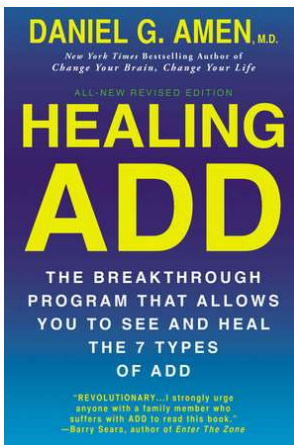




### EXECUTIVE UNCTIONS

*WHAT THEY ARE, HOW THEY WORK, AND WHY THEY EVOLVED* WRITTEN BY RUSSELL A. BARKLEY

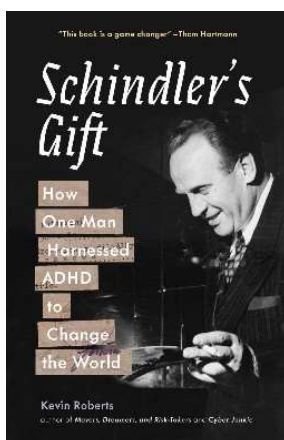
This groundbreaking volume offers a comprehensive theory of executive functioning (EF) that has critical clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Barkley presents a model of EF that helps explain people's strengths and weaknesses in actual life activities – not just laboratory tasks. Key stages of EF development are identified and the far-reaching personal and social costs of EF deficits detailed. Barkley also describes specific ways that his model may support much-needed advances in assessment and treatment. The book begins by reviewing the limitations of current views of EF, including the lack of consensus definition and the poor ecological validity of psychometric assessment approaches. Barkley draws on the concept of the extended phenotype to elaborate a clinically relevant conceptualization of EF as an evolutionary adaptation. He examines how EF develops in discrete stages as individuals acquire the cognitive and behavioral skills to pursue goal-directed activities, including time management, organization and problem solving, self-restraint, self-motivation, and self-regulation of emotions. Going beyond the integral role of EF in individual success, the book argues that it is an essential part of our social ecology – the basis for human social reciprocity, exchange, trade, and co-operation. The concluding chapter explore how Barkley's theory facilitates a better understanding of why EF deficits occur, how they can be measured, and the principles of effective intervention.



### HEALING ADHD

*THE BREAKTHROUGH PROGRAM THAT ALLOWS YOU TO SEE AND HEAL THE 7 TYPES OF ATTENTION DEFICIT DISORDER*

is a national health crisis that continues to grow – yet it remains one of the most misunderstood and incorrectly treated illnesses today. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain-imaging study ever completed on patients with ADD, to identify, examine, and demystify the seven distinct types of ADD and their specific treatments. With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, why that is, and more importantly, how to heal ADD.



### SCHINDLER'S GIFT: HOW ONE MAN HARNESSSED ADHD TO CHANGE THE WORLD

Learn powerful lessons from the life of an extraordinary man who overcame numerous setbacks to defeat his Nazi adversaries to save human lives. Oskar Schindler, the author clearly demonstrates, suffered from multiple challenges now known as part of ADHD. Oskar failed in one business venture after another. Yet, when he had support, daily intensity, and a sense of mission, his risk-taking genius emerged. This book gives you a step-by-step road map to overcome obstacles and find your mission.

For more information contact an organization in Europe  
<https://adhdeurope.eu/about/members/>

