

Books on ADHD

- Attention Deficit Disorder: The Unfocused Mind in Children and Adults, by Thomas Brown Ph.D.
- Smart but Stuck: Emotions in Teens and Adults with ADHD, by Thomas Brown, Ph.D.
- Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder, by Edward M. Hallowell, M.D. and John J. Ratey, M.D.
- Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder, by Edward M. Hallowell, M.D. and John J. Ratey, M.D.

Books on ADHD for Women

- A Radical Guide for Women with ADHD, by Sari Solden and Michelle Frank
- Women with Attention Deficit Disorder by Sari Solden, MS, LMFT
- The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done, by Terry Matlen, MSW
- Moms with ADD: A Self-Help Manual, by Christine A. Adamec

Books on ADHD for Work and Life

- Smart but Scattered: Guide to Success, by Peg Dawson and Richard Guare

Books on ADHD for Parenting

- Empowering Youth with ADHD, by Jodi Sleeper-Triplett, MCC, SCAC
- Smart but Scattered Teens: The “Executive Skills” Program for Helping Teens Reach Their Potential, by Peg Dawson and Richard Guare
- What YOUR ADHD Child Wishes you knew, by Dr. Sharon Saline
- Late Lost and Unprepared, by Joyce Cooper-Kahn

Books on ADHD for Marriage

- The ADD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps, by Melissa Orlov

Online Resources

- Children and Adults with Attention-Deficit/Hyperactivity Disorder (*CHADD*), www.chadd.org
- *Attention Deficit Disorder Association (ADDA)*, <https://add.org>
- *ADDitude Magazine*, www.additudemag.com
- ADDitude podcast with ADHD Experts
- *Understood*, www.understood.org
- *Attention Deficit Disorder Association (ADDA)*, www.add.org
- *Psychology Today*, wwwpsychologytoday.com/us/basics/adhd
- Podcast *DISTRACTION* by Dr. Ned Hallowell
- Job Accommodation Network, <https://askjan.org>

Planners

- *Order Out of Chaos* academic planners, <https://products.orderoochaos.com/collections/academic-planners>
- *MomAgenda*, <https://www.momagenda.com>

Free Downloads

- *What are your Teen's Weakest Executive Functions?* From ADDitudemag.com:
[Free Download: What Are Your Teen's Weakest Executive Functions?](#)
- *A Parent's Guide to ADHD Medication*, From ADDitudemag.com
[Free Download: A Parents Guide to ADHD Medications](#)
- *The Ultimate Guide to ADHD Medication*, From ADDitudemag.com
[Free Download: Ultimate Guide to ADHD Medications](#)

APPS

- Productivity: Pomodoro Method - *FocusKeeper* (free)
- Time Management: *Visual Timer* (free) or *Time Timer* (small 1 time fee)
- Lists: *Google Keep* (free with account), *Wunderlist* (free), *Evernote* (free)
- Calendars: *iCal* (iPhone, free) and *Google Calendar* (free with account)