

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.
- ADHD 2.0, by Edward M. Hallowell M.D. and John J. Ratey M.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
- Women with Attention Deficit Disorder by Sari Solden
- 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: Your Guide to Coaching Adolescents, and Young Adults for Coaches, Parents and Professionals, by Jodi Sleeper-Triplett
- 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

Books on ADHD for Marriage

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

Online Resources

- Children and Adults with Attention-Deficit/Hyperactivity Disorder ([CHADD](#)),
- [ADDitude Magazine](#) Also has a ADDitude podcast with ADHD Experts
- [Understood](#)
- [Attention Deficit Disorder Association](#)
- [Psychology Today](#)
- Podcast DISTRACTION by Dr. Ned Hallowell
- [HowToADHD](#), Jessica McCabe. [YouTube Channel](#)

Planners

- [Order Out of Chaos academic planners](#)
- [MomAgenda](#)
- [AT-A-GLANCE WEEKLY PLANNER](#). There are different options.