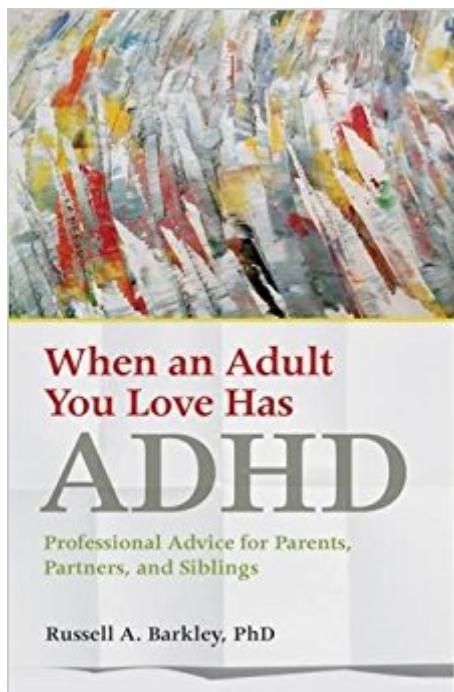


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# When An Adult You Love Has ADHD: Professional Advice For Parents, Partners, And Siblings



## **Synopsis**

In this book ADHD expert Dr. Russell Barkley explains the science behind ADHD and how you can tell if your spouse, partner, friend, adult child, or sibling may have it. He shows how to guide your loved one toward the right treatment, and what to do if he or she doesn't want treatment. Adults with ADHD can be successful, achieve their goals, and live out big dreams and you can help. You can set boundaries to manage your own emotional and financial stress, too. Here you will learn practical steps for helping your loved one accept and manage their disorder, and pursue paths in life where ADHD might not pose such a big problem.

## **Book Information**

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## **Customer Reviews**

Barkley, a renown authority, addresses the need for loved ones to reframe their view of the classic symptoms of inattention, hyperactivity, and impulsivity so they can take steps to manage symptoms' impact.... Acknowledging the anguish that friends and family members experience in the potentially destructive path of the disorder is a significant contribution to the field: words of hope ring like a breath of fresh air to inform and encourage those gasping to survive the aftermath of ADHD.

--Choice MagazineExceptionally informed and informative, impressively and accessibly well written, When an Adult You Love Has ADHD is unreservedly recommended as a critically important addition to community and academic library collections. --Midwest Book ReviewThis book makes a significant contribution to helping individuals who love someone with adult ADHD find accurate information, treatment, and resources. --PsyCRITIQUES

Russell A. Barkley, PhD, is a clinical professor of psychiatry at the Medical University of South Carolina. He holds a diplomate (board certification) in three specialties: clinical psychology, clinical child and adolescent psychology, and clinical neuropsychology. Dr. Barkley is a clinical scientist, educator, and practitioner whose publications include 22 books, rating scales, and clinical manuals; seven award-winning DVDs; and more than 260 scientific articles and book chapters related to the nature, assessment, and treatment of attention-deficit/hyperactivity disorder (ADHD) and related disorders. He is also the founder and editor of the clinical newsletter The ADHD Report, now in its 24th year of publication. Dr. Barkley has presented more than 800 invited addresses internationally and appeared on nationally televised programs, such as 60 Minutes, The Today Show, Good Morning America, CBS Sunday Morning, CNN, and many other television and radio programs to disseminate the science about ADHD. He has received awards from the American Psychological Association, American Academy of Pediatrics, American Board of Professional Psychology, Association for the Advancement of Applied and Preventive Psychology, the Wisconsin Psychological Association, and Children and Adults with ADHD for his career accomplishments, contributions to ADHD research and clinical practice, and disseminating science about ADHD.

The letters "ADHD" are generally associated with children and adolescents, and this explains why we know more about recommended assessment and treatments for this disorder in this age group and very little about how the same letters (ADHD) also apply in the case of adults. The main contribution of Dr. Barkley's book is that he shows that ADHD is also a significant mental disorder during the adulthood stage of development, and then provides assessment, diagnostic, and treatment guidelines you should consider when an adult you love has ADHD. Among practical recommendations in this book, readers should consider the discussion regarding how one can tell a loved one has ADHD (which is a very difficult task to accomplish, because of the multiplicity of symptoms needed to differentiate ADHD from other mental disorders); how one can convince a loved one with ADHD to seek treatment; what can you expect if you live with an adult with ADHD; and how can you help your loved one with ADHD to differentiating proven treatments from unproven treatments for adults diagnosed with ADHD.

I can't really speak to the book, this is \*only\* about the audio. Oh my God, why did they get someone with a droning monotonous voice to read a book intended to be listened to by ADHD sufferers!? This is a wretched experience and I couldn't get past the second chapter!

Good information

Terrific advice

Excellent book!

The attitude of this author toward patients with ADHD is hostile and condescending. Numerous warnings about comorbid presentations like Borderline Personality Disorder, various antisocial behaviors, and suicidality, whether from impulsiveness or depression, suggest that ADHD adults are out of control. While this book may provide some insight to anyone who has such an out-of-control adult in their life, there are many adults with ADHD whose situations are nowhere near as dire, but relationships with them may be strained, difficult, and confusing. Little guidance is provided for the partners or parents of these adults, and what is provided feels judgmental and patronizing -- it's really more about dealing with your loved one's faults rather than partnering with him or her to build on their strengths or improve your relationship together.

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ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD The Whole Library Handbook 5: Current Data, Professional Advice, and Curiosa About Libraries and Library Services (Whole Library Handbook: Current Data, Professional Advice, & Curios) Your Kid Has Adhd, Now What?: A Handbook for Parents, Educators & Practitioners Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Teach Your Child to Count to Ten - Number Time: For Ages 2 to 5 - An Educational Coloring Book

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