

**Resources and Recommendations**  
**Sari Solden, MS, LMFT**  
**May 2011**

**AD/HD AND ASSOCIATED TOPICS**  
*(some links to websites follow the authors' books below)*

- *Journey Through ADDulthood*, Sari Solden, Walker & Company, New York, NY; 2002, [www.ADDjourneys.com](http://www.ADDjourneys.com)
- *A Comprehensive Guide to Attention Deficit Disorder in Adults*, edited by Kathleen Nadeau, Brunner/Mazel, New York, NY; 1995
- *A Mind at a Time*, Mel Levine, Simon & Schuster, New York, NY; January 7, 2003
- *ADD and Creativity: Taping Your Inner Muse*, Lynn Weiss, PhD, Taylor Publishing, Dallas, TX; 1996
- *ADD-Friendly Ways to Organize Your Life*, Judith Kolberg, Kathleen Nadeau, PhD, Brunner-Routledge, New York, NY; 2002
- *ADD in the Workplace: Choices, Changes, & Challenges*, Kathleen G. Nadeau, Brunner/Mazel Trade, New York, NY; 1996
- *ADD on the Job*, Lynn Weiss, PhD, Taylor Publishing, Dallas, TX; 1996
- *ADD & Romance: Finding Fulfillment in Love, Sex, & Relationships*, Jonathan Scott Halverstadt, MS, Taylor Trade Publishing, Dallas, TX; 1999
- *ADD Success Stories: A Guide to Fulfillment for Families With Attention Deficit Disorder: Maps, Guidebooks, and Travelogues for Hunters in This Farmer's World*, Thom Hartmann, John J. Ratey Underwood Books, Grass Valley, CA; December 1995
- *Answers to Distraction*, Edward Hallowell, MD and John Ratey MD, Pantheon Books, New York, NY; 1994
- *Attention Deficit Disorder: A Different Perception*, Thom Hartmann, Edward M. Hallowell, Michael Popkin Underwood Books, Grass Valley, CA Revised edition; October 1997
- *Attention Deficit Disorder and the Law: A Guide for Advocates*, P. Latham & P. Latham, JKL Communications, Washington, DC; 1992

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- *Attention Deficit Disorder: The Unfocused Mind in Children and Adults*, Thomas Brown, PhD, Yale University Press; 2005, [www.drthomasebrown.com](http://www.drthomasebrown.com)
- *Bridging the Gap: Raising a Child with Nonverbal Learning Disorders*, Rondalyn Varney Whitney, Perigee Books, 1<sup>st</sup> edition; 2002
- *Coaching College Students with AD/HD: Issues and Answers*, Patricia O. Quinn, Nancy A. Ratey, Theresa L. Maitland, Theresa Maitland Advantage Books, Silver Springs, MD; April 2000
- *Conquering Chronic Disorganization*, Judith Kolberg, Squall Press Inc., DeCatur, GA; 1999, [www.fileheads.net](http://www.fileheads.net)
- *Copy This!*, Paul Orfalea and Ann Marsh, Workman Publishing, New York, NY; 2005
- *Defeating the 8 Demons of Distraction*, Geraldine Markel, PhD, Ann Arbor, MI; 2008 [www.managingyourmind.com](http://www.managingyourmind.com)
- *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*, Edward M. Hallowell, John J. Ratey Ballantine Books; January 4, 2005, [www.drhallowell.com](http://www.drhallowell.com)
- *Different Minds: Gifted Children with AD/HD, Asperger Syndrome, and other Learning Deficits*, Deirdre V. Lovecky, Jessica Kingsley Publishers, Philadelphia, PA, February; 2004
- *Driven to Distraction*, Edward Hallowell, MD and John Ratey, MD, Pantheon Books, New York, NY; 1994
- *Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption*, Edward M. Hallowell M.D., Sue Hallowell, Melissa Orlov, Ballantine Books, March 2010.
- *Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD*, Roland Rotz, PhD and Sarah Wright, MS, ACT iUniverse, Inc.; 2005, [www.fidgettofocus.com](http://www.fidgettofocus.com)
- *Finding a Career That Works for You*, 2<sup>nd</sup> edition, Wilma R. Fellman, MEd Specialty Press Inc., Plantation, FL; 2006
- *Finding Your Focus*, Judith Greenbaum, PhD and Geraldine Markel, PhD, McGraw Hill; 2005

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- *Helping Adolescents with ADHD & Learning Disabilities*, Judith Greenbaum, PhD, Geraldine Markel, PhD, Prentice Hall, Des Moines, IA; 2001
- *In the Mind's Eye: Visual Thinker, Gifted People with Dyslexia and Other Learning Difficulties, Computer Images and the Ironies of Creativity*, Thomas G. West, Prometheus Books, New York, NY; 1991, 1997
- *Making Peace with the Things in Your Life*, Cindy Glovinsky, Griffin Trade Paperback, 1<sup>st</sup> edition; May 2002
- *Making Peace with Your Office Life*, Cindy Glovinsky, St. Martin's Griffin; 1 edition March 16, 2010
- *Misdiagnosis and Dual Diagnoses of Gifted Children and Adults*, James T. Webb, PhD, Edward R. Amend, PsyD, Nadia E. Webb, PsyD, Jean Goerss, MD, MPH, Paul Beljan, PsyD, R. Richard Olenchak, PhD, Great Potential Press, Scottsdale, AZ; 2008
- *Odd One Out, The Maverick's Guide to Adult ADD*, Jennifer Koretsky, ADD Management Group Plattekill, NY; 2007, [www.addmanagement.com](http://www.addmanagement.com)
- *On Their Own: Creating an Independent Future for Your Adult Child With Learning Disabilities and ADHD: A Family Guide*, Ann Ford & John Richardson Thompson Newmarket; May 2007
- *One Thing At a Time*, Cindy Glovinsky, St. Martin's Griffin, New York, NY; 2004
- *Organizing for the Creative Person*, Dorothy Lehmkuhl and Delores Catter Lamping, CSW, Crown Trade Paperbacks, New York, NY; 1993
- *Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorder*, Kevin R. Murphy, PhD and Suzanne Levert, Hyperion/Skylight Press, New York, NY; 1995
- *Permission to Proceed: The Keys to creating a life of Passion, Purpose & Possibility for Adults with ADHD*, David Giwerc, Vervante, Huntington Beach, CA 2011
- *Smart but Stuck: Emotional Aspects of Learning Disabilities and Imprisoned Intelligence*, Myrna Orenstein, Haworth Press, Revised edition; 2001
- *The ADHD-Autism Connection: A Step Toward More Accurate Diagnoses and Effective Treatments*, Diane Kennedy, Water Brook Press; 2002

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- *The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents*, Nancy A. Ratey, St. Martin's Press, New York, NY; April 2008, [www.nancyratey.com](http://www.nancyratey.com)
- *The Link Between ADD and Addiction: Getting the Help You Deserve*, Wendy Richardson, MA, Pinon Press, Colorado Springs, CO; 1997
- *Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World*, Sharon Heller, Quill; December, 2003
- *View from a Cliff: A Course in Achieving Daily Focus*, Lynn Weiss, Taylor Publishing, Dallas, TX; 2001
- *What Does Everybody Else Know That I Don't?*, Michele Novotni, PhD with Randy Peterson, Specialty Press Inc., Plantation, FL; 1999
- *When Too Much Isn't Enough: Ending the Destructive Cycle of ADHD and Addictive Behavior*, Wendy Richardson, Pinon Press; February 4, 2005
- *Your Defiant Teen*, by Russell A. Barkley, PhD and Arthur L. Robin, PhD, The Guilford Press, New York, NY; 2008
- *You Mean I'm Not Lazy, Stupid, or Crazy?!*, Kate Kelly & Peggy Ramundo, New York, NY: Scribner; 1997
- *The Other Side of Organized*, Linda Samuels, Oh So Publishing! Dec 2009

**WOMEN AND GIRLS WITH ADD**

- *Women with Attention Deficit Disorder Revised*, Sari Solden, MS, Underwood Books, Grass Valley, CA; 2005 **2-Disk CD set available only at** [www.ADDjourneys.com](http://www.ADDjourneys.com).
- *Gender Issues and ADHD*, edited by Kathleen Nadeau, PhD, and Patricia Quinn, MD, Advantage Books, Silver Springs, MD; 2002
- *Moms with ADD: A Self-Help Manual*, Christine A. Adamec, Taylor Publishing, Dallas, TX; 2000
- *Survival Tips for Women with AD/HD: Beyond Piles, Palms, and Post-its*, Terry Matlen, MSW, ACSW Specialty Press, Plantation, FL; 2004, [www.addconsults.com](http://www.addconsults.com)

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- *Understanding Girls with AD/HD*, Kathleen Nadeau, Ellen Littman, Patricia Quinn, Advantage Books, Silver Springs, MD; 1999
- *Understanding Women with AD/HD*, edited by Kathleen Nadeau, PhD, Patricia Quinn, MD, Advantage Books, Silver Springs, MD; 2002

**OTHER BOOKS OF INTEREST:**

- *Connect*, Edward M. Hallowell, PhD, Pantheon Books, New York, NY; 1999
- *Dare to Forgive*, Edward Hallowell, MD, HCI; 2004
- *Difficult Conversations: How to Discuss What Matters Most*, Douglas Stone, Bruce Patton, Sheila Heen, Viking Penguin, New York, NY; 1999
- *Getting the Love You Want: A Guide for Couples*, Harville Hendrix, Owl Books, Reprint edition; September 2001
- *Spent – Break the Buying Obsession and Discover Your True Worth*, Sally Palaiian, Ph.D., Hazelden, Minnesota, 2009
- *Living With Intensity*, Susan Daniels, PhD, Michael M. Piechowski, PhD, Great Potential Press, Scottsdale, AZ; 2009
- *Necessary Losses: The Loves, Illusions, Dependencies, and Impossible Expectations That All of Us Have to Give Up In Order to Grow*, Judith Viorst, Ballantine Books, New York, NY; 1986
- *On Playing a Poor Hand Well: Insights from the Lives of Those Who Have Overcome Childhood Risks and Adversities*, Mark Katz, Norton, New York, NY; 1997
- *Overcoming Compulsive Hoarding: Why You Save & How You Can Stop*, Fugen Neziroglu, Jerome, PhD, Bublick and Jose A. Yaryura-Tobias; July 2004
- *Reviving Ophelia: Saving the Selves of Adolescent Girls*, Mary Pipher, PhD, Ballantine Books, New York, NY; 1994

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- *Shadow Syndromes*, John Ratey, MD and Catherine Johnson, PhD, Pantheon Books, New York, NY; 1997, [www.johnratey.com](http://www.johnratey.com)
- *Spark: The Revolutionary New Science of Exercise and the Brain*, John Ratey, MD, and Eric Hagerman Little, Brown and Company, 1<sup>st</sup> edition, Boston, MA; January 2008
- *The Other Side of Organized*, Linda Samuels, Oh, So Publishing!; 1ST edition (December 2009) [www.theothersideoforganized.com](http://www.theothersideoforganized.com)
- *Stop Negotiating With Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody, or Depressed Adolescent*, Janet Sasson Edgette Perigee, 1<sup>st</sup> edition; August 6, 2002
- *The Dance of Anger*, Harriet Goldhor Lerner, Harper and Row, New York, NY; 1985, 1989
- *The Dance of Connection*, Harriet Goldhor Lerner, Quill; 2002
- *The Dance of Intimacy*, Harriet Goldhor Lerner, Quill; 2002
- *The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family*, Eleanor D. Payson, Julian Day Publications; October 1, 2002
- *Waking From the Nightmare: Giving Our Children Optimism*, Laurie Assadi, MA, EDS, Clinical Center for Learning & Development, Kalamazoo, MI; 2007
- *Where to Draw the Line: How to Set Healthy Boundaries Every Day*, Anne Katherine, MS, Simon & Schuster, New York, NY; 2000
- *Women & Money: Owning the Power to Control Your Destiny*, Suze Orman, Spiegel & Grau; February 27, 2007
- *You're Wearing THAT? Understanding Mothers and Daughters in Conversation*, Deborah Tannen, Random House, New York, NY; 2006
- *Spent, Break the Buying Obsession and Discover your true worth*, Sally Palaian, PhD, Available 2009

**OTHER RESOURCES**

**Catalogs & Magazines**

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- ADDitude Magazine~ [www.additudemag.com](http://www.additudemag.com)
- ADD Warehouse Catalog ~ [www.addwarehouse.com](http://www.addwarehouse.com)

**Conferences & Organizations**

- ADDA – National Attention Deficit Disorder Association ~ [www.add.org](http://www.add.org)
- CHADD – Children and Adults with Attention Deficit Disorder ~ [www.chadd.org](http://www.chadd.org)
- Attention Deficit Disorder Resources ~ [www.addresources.org](http://www.addresources.org)

**Michigan Resources**

- CHADD of Eastern Oakland County ~ [www.chadd.net/527](http://www.chadd.net/527)
- CHADD of Michigan ~ [www.chaddmi.com](http://www.chaddmi.com)

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**Organizational Help**

- National Association for Professional Organizers ~ [www.napo.net](http://www.napo.net)
- National Study Group on the Chronically Disorganized (NSGCD) ~ [www.nsgcd.org](http://www.nsgcd.org)
- Think and Do Partners Tel 734-417-1416 email [kscherer@thinkanddopartners.com](mailto:kscherer@thinkanddopartners.com)  
<http://Thinkanddopartners.com>

**Additional Online Resource Links**

- Sari Solden's Online Community ~ [www.ADDJourneys.com](http://www.ADDJourneys.com)
- [www.add.about.com](http://www.add.about.com)
- [http://mysite.du.edu/~tmille47/ Twice\\_ Exceptional/Definition.html](http://mysite.du.edu/~tmille47/ Twice_ Exceptional/Definition.html) - Twice Exceptional Adult Learners
- [www.addclasses.com](http://www.addclasses.com)
- [www.adhdisreal.com](http://www.adhdisreal.com)
- [www.ADDvisor.com](http://www.ADDvisor.com)
- Dr. Daniel Amen ~ [www.amenclinics.com](http://www.amenclinics.com)
- Terry M. Dickson, M.D., ACG - [www.addrelationshipcoach.com](http://www.addrelationshipcoach.com)
- Linda Samuels, [www.ohsoorganized.com](http://www.ohsoorganized.com)