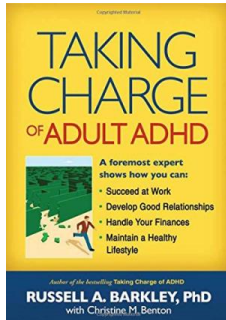


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## TAKING CHARGE OF ADULT ADHD



The Guilford Press. Paperback. Condition: New. 294 pages. Dimensions: 9.7in. x 7.1in. x 0.9in. For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care and what sufferers can do for themselves than renowned ADHD researcher/clinician Russell A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on...

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