



ADHD RECOMMENDED READING

In 1998, when I first started coaching, there were maybe two books in the bookstores on ADHD. Today we have many choices and topics to read on this topic. You need to read as much as you can about AD/HD from reliable sources. Research studies are providing us with some very interesting facts about ADHD, and you need to keep informed as years of research unfold and become available. As an ADHD coach, I encourage you to read research-based materials, and stay away from those 10-second media clips that do not paint an accurate picture of ADHD. Those with ADHD who can learn to manage it well, are truly very successful and vibrant people. We should not be looking at this as a problem, a curse or other negative words I have heard. Below are many good resources that give you more to think about than “what’s wrong with this picture.”

ADHD Coaches strive to provide the knowledge and strategies needed to effectively move your life forward using tools that fit your needs. I believe that it is important to first educate yourself, or your child about how ADHD affects lives as a whole. Then learn the skills and strategies.

Scan the list of books below to begin your journey and bring out the positive side of living with ADHD. Books by Joyce Kubik are available on my site at www.joycekubik.com.

Adult, Parents & Educator Resources

1. Unraveling ADHD: How I turned my greatest deficit into my greatest asset, Joyce Kubik, CMC, ADHD Coach
2. Plan For Success: Student or College, Joyce Kubik
3. DVD: Plan for Success Planning Journal: How to plan your day and get control of your life! Joyce Kubik, CMC, ADHD Coach & Author
4. DVD: Building Life-long Strategies Through Self-awareness, Joyce Kubik, CMC, ADHD Coach & Author
5. Positive Intelligence, Shirzad Chamine (Getting rid of the (mental) saboteurs in our life)
6. Your Brain's Not Broken: Strategies for navigating your emotions and live with ADHD. Tamara Rosier, PhD.
7. Why Gender Matters, Leonard Sax, M.D.
8. Smart but Stuck: Emotions in Teens and adults with ADHD, Thomas E. Brown, PhD
9. Understanding Girls with AD/HD, , K. Nadeau, E. Littman, & P. Quinn
10. Understanding Women with AD/HD, K. Nadeau & P. Quinn
11. Driven To Distraction, N. Hallowell, M.D. and J. Ratey, M.D.
12. A New Understanding of ADHD, Thomas E. Brown, PhD.
13. Married to Distraction, N. Hallowell, M.D.
14. Shadow Syndromes, John J. Ratey, M.D. and C. Johnson, Ph.D.
15. Gender Issues and ADHD, K. Nadeau & P. Quinn
16. Women With Attention Deficit Disorder, S. Solden, M.S.
17. Journeys Through ADDulthood, S. Solden, M.S.
18. You Mean I'm Not Lazy, Stupid or Crazy? K. Kelly and P. Ramundo
19. Emotional Intelligence, Daniel G. Goleman
20. Social Intelligence, Daniel G. Goleman
21. The Highly Sensitive Person, Elaine N. Aron, Ph.D.
22. Learned Optimism, Martin E.P. Seligman, Ph.D.
23. The Power of Resilience, Robert Brooks and Sam Goldstein

24. Is it You, Me, or Adult ADD, Gina Pera
25. The ADHD Effect on Marriage, Melissa Orlov
26. Non-medication Treatments for Adult ADHD: Evaluating impact on daily functioning and well-being, J. Russell Ramsay, PhD and assistant professor of Psychology at Penn State
27. Understand Your Brain, Get More Done: The ADHD executive functions workbook, Ari Tuckman, PsyD, MBA
28. *Why Gender Matters, Leonard Sax, M.D.
29. Cognitive-Behavioral Therapy for Adult ADHD, J. R. Ramsay & A. L. Rostain
30. Making ADD Work (job strategies for coping) Blythe Grossbert, Psy.D.
31. Attention Deficit Disorder: Strategies For School-Aged Children
32. *SPARK, John Ratey (Exercise's affect on depression, anxiety, ADHD, stress, and more)
33. Social Thinking at Work: Why should I care? Michelle Garcia Winner and Pamela Crooke

Books about Aspergers (Autism Level 1)

1. Social Skills for Teens and Adults with Aspergers, Nancy J. Patrick
2. Asperger Syndrome in the Family: Redefining Normal, Liane Holliday Willey
3. Freaks, Geeks & Asperger Syndrome: A user guide to adolescents, Luke Jackson
4. Look me in the Eye: My life with Aspergers, John Elder Robison
5. Aspergers Syndrome & Long Term Relationships, Ashley Stanford
6. Succeeding in College with Asperger Syndrome: A student guide, Harpur, Lawlor, Fitzgerald
7. Solutions for Adults with Asperger Syndrome, Juanita Lovett
8. Managing with Asperger Syndrome, Malcolm Johnson

Children's Books

1. All Dogs have ADHD, Kathy Hoopmann
2. All Cats have Aspergers, Kathy Hoopmann
3. Plan For Success: Student or College, Joyce Kubik
4. Jumpin' Johnny, Get Back to Work: A Child's Guide to ADHD, Gordon
5. Living With a Brother or Sister With Special Needs, Meyer, Vadasy, Fewell
6. Shelly the Hyperactive Turtle, Moss
7. Learning to Slow Down and Pay Attention, Kathleen Nadeau
8. Putting on the Brakes, Patricia Quinn

Internet Access:

1. www.centerforlivingwellwithadhd.org
2. <https://www.chadd.org>
3. <https://www.ADD.org> National ADDA (Attention Deficit Disorder for Adults) articles & webinars
4. www.nimh.nih.gov/ (National Institute of Mental Health)
5. www.additudemag.com - ADDitude Magazine - articles and webinars
6. <https://www.addwarehouse.com/> (more books)
7. www.adhdcoaches.org (find a professionally trained ADHD Coach)
8. ADHD Essentials - Podcasts - <https://www.adhdessentials.com/podcasts/>
9. www.joycekubik.com (books and DVDs on ADHD)