



The Complete Idiot's Guide to Adult ADHD (Idiot's Guides)

Eileen Bailey, Donald Haupt M.D.

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A thorough examination of a misunderstood condition.

Though it's traditionally thought of as a childhood disorder, a growing body of research is bringing awareness to the fact that ADHD often continues into adulthood, though its symptoms often take on a different form and make the disorder more difficult to diagnose.

- Covers what ADHD looks like in adults, how symptoms can vary greatly from one person to the next, and how it often gets misdiagnosed
- Includes information on related conditions that often coexist with adult ADHD, including depression and anxiety
- Discusses various treatment options-pharmaceutical, behavioral, lifestyle, and alternative approaches

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