



Living With ADD: A Workbook for Adults With Attention Deficit Disorder

M. Susan Roberts, Gerard J. Jansen

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An estimated 3 to 10 million adults in the US struggle with the symptoms of attention-deficit disorder (ADD.) If you're among this group, this interactive workbook will enable you to identify the personal problems caused by your condition and develop skills for coping with it. Learn how to assess yourself and the ways in which ADD affects your daily life. Then, work through exercises structured to help you deal with self-esteem issues; find out how to change distorted thought patterns, manage stress, and develop a structured approach to starting and finishing tasks. Final chapters offer specific suggestions for handling common problems at work and school, dealing with intimate relationships, and finding support.

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