



# **The Everything Health Guide to Adult ADD/ADHD: Expert advice to find the right diagnosis, evaluation and treatment**

*Carole Jacobs, Isadore Wendel*

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People with undiagnosed Adult ADD/ADHD suffer highly chaotic lives--and often struggle with problems such as fatigue, depression, drug abuse, and learning disabilities. The good news is that treatment can go a long way toward getting this condition in check. But before anyone can manage the problem, they have to be able to identify it, starting with a thorough understanding of what it looks like in adults. This guide helps you:

- Understand telltale signs and symptoms
- Find the right specialist
- Choose the right treatment
- Decide whether talk therapy is right for you
- Learn how to lead a happier and more productive life

This guide also helps remove the guilt and blame surrounding ADD/ADHD by reassuring that it is a *real* syndrome with a biological cause, and not the result of laziness or a lack of motivation or discipline. From diagnosis to life after treatment, this book will guide you with a reassuring hand every step of the way.

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