

Your Life Can Be Better: using strategies for Adult ADD/ADHD

Douglas A. Puryear
MD

Your Life Can Be Better Using Strategies For Adult Add Or Adhd

Russell A. Barkley



Your Life Can Be Better Using Strategies For Adult Add Or Adhd:

Your Life Can Be Better Second Edition Douglas A. Puryear, 2020-10-26 ADHD causes us many problems and makes our lives harder. This book focuses on strategies that will make your life easier and better. I'm a psychiatrist who has ADHD. I'm going to share with you some of the ways I've learned to cope with my ADHD problems. I'll also share with you some coping strategies from my friends and some from my patients with ADHD. I'll also share some of the ways that we're still not coping so well. Unlike most books on ADHD, the focus of this book is on strategies that will make your life easier. The book is written for people with ADHD, so it has short chapters, repetition, and a summary at the end of each chapter. It also has a special section on studying and learning. The first edition sold over 60,000 copies. This second edition is improved and corrects many errors and typos.

Your Life Can Be Better Douglas A. Puryear MD, 2011. This ADD book is different; it is by a psychiatrist about his own struggles with ADD and those of his patients and his friends. It is personal about real people coping with real problems; it is about strategies, not about medications or the history, definition, or diagnosis of ADD. It is not academic; it is interesting and light reading with lots of helpful information and ideas written in plain language. The print is large, and the chapters are short with a summary after each.

Your Life Can be Better Douglas A. MD. Puryear, Douglas A. Puryear, 2012. Dedicated to the disorganized, distracted, and demoralized. **Living with Adult ADHD** Joe Erick Rivera, 2024-09-07. Living with Attention Deficit Hyperactivity Disorder (ADHD) as an adult can feel like navigating a complex maze without a map. But what if you could transform that maze into a path of opportunity and personal growth? In this groundbreaking book, you'll discover how to leverage ADHD traits as strengths in your personal and professional life. Effective techniques for improving focus, organization, and time management. Strategies for building and maintaining healthy relationships. Practical approaches to financial management tailored for the ADHD mind. Tools for emotional regulation and stress management. How to create an ADHD-friendly environment at work and home. The latest insights on medication therapy and holistic treatment options. Techniques for boosting self-esteem and cultivating a growth mindset. Whether you're newly diagnosed, have been managing ADHD for years, or are a professional or loved one seeking to understand ADHD better, this book provides invaluable insights and actionable advice. Each chapter is filled with relatable examples, easy-to-implement strategies, and reflective exercises to help you apply the concepts to your unique situation. You'll find a balanced approach that acknowledges the challenges of ADHD while celebrating its potential advantages. Managing ADHD in Adulthood isn't about changing who you are; it's about embracing your neurodiversity and learning to thrive in a world that isn't always designed for the ADHD brain. It's time to stop merely surviving and start thriving. **Master Your Time**: Learn effective time management strategies tailored specifically for the ADHD brain, helping you boost productivity and reduce stress. **Nurture Relationships**: Discover techniques for building and maintaining successful personal and professional relationships while navigating the unique challenges of adult ADHD. **Advance Your Career**: Unlock your professional potential with career development tips designed to leverage your ADHD.

strengths and manage potential workplace challenges Achieve Financial Stability Gain control of your finances with practical planning techniques that work with not against your ADHD tendencies Cultivate Inner Calm Explore mindfulness and meditation practices adapted for ADHD helping you improve focus reduce anxiety and better manage your symptoms Boost Your Productivity Implement powerful productivity hacks that turn your ADHD traits into advantages enabling you to accomplish more with less stress Embark on your journey to success today Your ADHD doesn't define you it's a part of what makes you extraordinary Let this book be your guide to unlocking your full potential and living your best life with ADHD

The Addiction Treatment Planner Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You'll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you'll find new chapters on some of today's most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book's easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you'll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Addiction Treatment Planner Sixth Edition will liberate you to focus on what's really important in your clinical work

When an Adult You Love Has ADHD Russell A. Barkley, 2016-09-19 In this book internationally renowned ADHD expert Dr Russell Barkley explains the science behind ADHD and how you can tell if your spouse partner friend adult child or sibling may have it Dr Barkley shows how to guide your loved one toward the right treatment and what to do if they don't want treatment Adults with ADHD can be successful achieve their goals and live out big dreams and you can help You can set boundaries to manage your own emotional and financial stress too In When an Adult You Love Has ADHD you will learn practical steps for helping your loved one accept and

manage their disorder and pursue paths in life where ADHD might not pose such a big problem

The Everything Health Guide to Adult ADD/ADHD Carole Jacobs, Isadore Wendel, 2010-01-18 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.

Attention Deficit Disorder for Adults: Strategies to Improve Focus, Productivity, and Daily Life Dr. Timothy Hensley, 2025-02-10 Unlock Your Potential Master Focus Productivity and Daily Life with ADD Do you ever feel like your mind is running in a hundred directions at once? Do simple tasks feel overwhelming? Deadlines slip by and your best intentions never seem to translate into action? You're not lazy, undisciplined, or broken; you just have an ADD brain that works differently. In *Attention Deficit Disorder for Adults: Strategies to Improve Focus Productivity and Daily Life*, you'll discover practical, science-backed strategies designed specifically for adults who struggle with focus, organization, and impulse control. Unlike books that only explain the challenges of ADD, this guide gives you actionable solutions to thrive in your work, relationships, and everyday life. You'll learn how to harness the power of your unique brain instead of fighting against it. Create structured routines that work for you, not against you. Boost focus and productivity with proven techniques like the Pomodoro method and body doubling. Improve time management without feeling trapped by rigid schedules. Reframe ADD as a strength by leveraging creativity, hyperfocus, and adaptability. Navigate relationships and communication so you feel understood, supported, and empowered. Build a personalized ADD plan that fits your goals, lifestyle, and energy patterns. Whether you're newly diagnosed or have been managing ADD for years, this book will help you break free from frustration and step into a life of clarity, success, and fulfillment. Packed with practical tools, mindset shifts, and real-world applications, this is the ultimate guide to unlocking your full potential, not despite ADD, but because of it.

Powered by ADHD Amelia Kelley, PhD, 2024-05-14 Practical strategies and exercises that empower women with ADHD to use their gifts for everyday success. Backed by the latest research on the benefits that exist with having ADHD, *Powered by ADHD* is a practical road map for women to take charge and harness their enormous strengths and talents. With more than 20 years of experience working with neurodivergence, Dr. Amelia Kelley offers guidance, skills, and tools that emphasize flexibility and self-compassion to help women develop a positive self-image and see immediate results in all areas of life. *Powered by ADHD* features a complete package for women with ADHD grounded in the latest science and research, positive and motivating support, practical guides

tools and strategies Practical guidelines to the top ADHD gifts including how to effectively use these strengths to meet productivity and accomplish goals Real life adult ADHD challenges and clear strategic solutions for key areas of a woman's life work home relationships finance motherhood caretaking and more Step by step and easy to follow exercises that are designed to work with and for the ADHD brain ADHD in Adults Brian P Daly, Elizabeth Nicholls, Ronald T Brown, 2016-01-18 Compact and authoritative guidance on evidence based treatment for ADHD in adults Attention Deficit Hyperactivity Disorder ADHD is a neurodevelopmental disorder that emerges during childhood However it is now well recognized that ADHD frequently persists over the lifespan and well into adulthood Although ADHD is typically first identified during the childhood years the presentation of symptoms may differ considerably between adults and children Without appropriate symptom management ADHD can significantly interfere with academic emotional social and work functioning When properly identified and diagnosed however outcomes in adults with ADHD who receive appropriate treatment are encouraging This volume is both a compact how to reference for use by professional clinicians in their daily work and an ideal educational reference for practice oriented students It is practical and reader friendly It has a similar structure to others in the series and is a compact and easy to follow guide covering all aspects of practice that are relevant in real life in the assessment and management of ADHD in adults Tables relevant case studies and marginal notes assist orientation while suggestions for further reading support groups and educational organizations are provided for individuals and professionals A companion volume ADHD in Children and Adolescents is also available

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