



Adult ADD: A Guide for the Newly Diagnosed

(The New Harbinger Guides for the Newly Diagnosed Series)

Stephanie Sarkis

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You've just been diagnosed with ADD-now what?

After receiving a diagnosis of attention deficit disorder (ADD), you may feel relieved to finally have an explanation for your symptoms, but also concerned and full of questions about the future. Questions like: What are the best ways to get your symptoms under control? Should you tell people at work? And-wait a minute-there can be good things about having ADD?

In **Adult ADD: A Guide for the Newly Diagnosed**, an ADD specialist who has the disorder herself answers these questions and offers all the tools and information you need to process the diagnosis, learn about medications, and decide which treatments are the best options for you. This pocket guide also features a complete list of resources you can use to find support and tips for getting organized and living well with ADD.



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From reader reviews:

Ian Gardner:

Have you spare time for just a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the actual Mall. How about open or read a book titled Adult ADD: A Guide for the Newly Diagnosed (The New Harbinger Guides for the Newly Diagnosed Series)? Maybe it is being best activity for you. You recognize beside you can spend your time along with your favorite's book, you can better than before. Do you agree with it has the opinion or you have different opinion?

Edward Robinette:

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Gary Ritchie:

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled Adult ADD: A Guide for the Newly Diagnosed (The New Harbinger Guides for the Newly Diagnosed Series) can be excellent book to read. May be it might be best activity to you.

Irish Watts:

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