



Adult ADD: The Complete Handbook

David B. Sudderth M.D., Joseph Kandel M.D.

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Impulsivity, hyperactivity, inattention and distractability—words that ring a bell? For the estimated six million Americans suffering from Attention Deficit Disorder, such words interfere with daily life! For another 40 million people, such words alone make them *think* they have ADD.

A disorder that *doesn't* go away on its own, ADD turns untreated children into frustrated adults. And, adults who have children with ADD, probably have it as well. From the co-authors of *Migraines: What Works! and Back Pain: What Works!* (both Prima), comes **Adult ADD—The Complete Handbook**. Although ADD books have appeared on bestseller lists before, this is the *first* ADD book *ever* written by neurologists. In simple and friendly terms, co-authors David Sudderth and Joseph Kandel offer help to those leading frustrating lives. They provide coping mechanisms, both psychological *and* an up-to-date guide to the latest technology that people with ADD will benefit from. In addition to providing a list of primary ADD symptoms and theoretic causes, the handbook also:

- Suggests where they should start and which doctor they should choose
- Explains which medicines (including Ritalin) are effective for ADD treatment
- Offers complimentary treatments, such as changing sleep habits and diet, counseling, and biofeedback
- Provides self-help strategies and coping mechanisms for daily problems

For more information about Adult ADD, visit www.neurologist.com.

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