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the latest information on  
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# SCATTERED MINDS

Hope and Help for ADULTS with  
**ATTENTION DEFICIT  
HYPERACTIVITY DISORDER**

**LENARD ADLER, M.D.**

Director, Adult ADHD Program, NYU School of Medicine  
**with Mari Florence**

Foreword by Edward M. Hallowell, M.D.  
coauthor of *Driven to Distraction*

**"Whether you are a professional or a layperson,  
this book will give you all you need to know."**

— from the foreword by Edward M. Hallowell, M.D.

Lenard Adler

## Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder



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A practical, authoritative reserve on an increasingly talked-about condition that affects a lot more than 8 million American adults. Lenard Adler, director of the Adult ADHD Plan at New York University School of Medicine, presents the latest findings on Attention Deficit Hyperactivity Disorder. Dr. Includes a screening quiz. In Scattered Thoughts, he reveals hidden indicators, debunks common misconceptions, and will be offering information on obtaining an accurate medical diagnosis, along with treatment plans that include cutting-edge medications and proven coping strategies.



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Eye opener - great read Great introduction to the topic of adult ADHD. NOT By Gabor mate I thought this is the reserve by Gabor mate, I feel conned. An easy and easy examine for someone looking to get up to date on this issue quickly and efficiently. Provides an informative balance between the research and the real-life implications for adults with the disorder, all presented extremely clearly and for the layman's understanding.. Left me with an extremely positive and uplifting message that there is a better life available through treatment for all those with adult ADHD. If your a mother or father of a kid who offers ADHD this publication is for you, it gives you so many choices and explains everything perfectly. Thought I had ADHD Heard the author interviewed on Sirius-xm 's Dr. A lot of useful information. Thought for sure I got Adult ADHD. (Now after reading this book I understood I don't :)This was a straightforward, informative read. Glad I got it for such an excellent . Disappointingly repetitive.it really is worth so much more!. This was the book that first helped me to comprehend and seek an assessment for adult ADHD. Many sections were almost verbatim repeats of earlier sections. It could have been half as long or much less, but still imparted the same information. I exceeded it along to several friends to read plus they voiced the same opinions. Glad I acquired it for such an excellent price.Radio. I'm glad I came across this book. Though this publication presented a thorough description of ADHD and gave many examples, it was incredibly repetitive. This book is Awesome! Also lots of assets outlined at end of book. Speedy shipping too!. in every social enviroments and associations. Glad I purchased it Thought it was sweet and to the point.. Found discussion of alternate therapies incredibly interesting in offering a comprehensive summary of treatment alternatives....!. Scattered Minds. Who would have thought a grown-up diagnosis of ADHD.Examine it for yourself or to understand the possible struggles that others may be experiencing. It opened up my eyes to my personal problems and offered insight in to the potential reasons for the confusing behavior's of others; This book is Awesome! Choosing a book name that is already taken by another person on a single topic is quite scammy. but plenty of good information too A bit dated, and a little bit of an infomercial for the author's tests and such, but lots of good information too. Extremely concise also to the point. Everything you wanted to know about ADHD, but was afraid to ask This book is a great read for those adults who have or think they have ADHD.



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