



# **The Complete Idiot's Guide to Adult ADHD (Complete Idiot's Guides (Lifestyle Paperback))**

*Donald Haupt, Eileen Bailey*

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*A thorough examination of a misunderstood condition.*

Though it's traditionally thought of as a childhood disorder, a growing body of research is bringing awareness to the fact that ADHD often continues into adulthood, though its symptoms often take on a different form and make the disorder more difficult to diagnose.

?Covers what ADHD looks like in adults, how symptoms can vary greatly from one person to the next, and how it often gets misdiagnosed

?Includes information on related conditions that often coexist with adult ADHD, including depression and anxiety

?Discusses various treatment options-pharmaceutical, behavioral, lifestyle, and alternative approaches

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