

Don't try to fix the tire without removing the nail. ADHD and Addictions: The Link

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Suggested resources for further study.

Web sites:

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| www.choosehelp.com | www.addcoach4u.com |
| www.addconsults.com | www.psychcentral.com |
| www.cdc.gov | www.drugabuse.gov |
| www.ahrq.gov | www.nih.gov |
| www.help4adhd.org | www.additudemag.com |
| www.webmd.com | www.addresources.org |
| www.helpguide.org | www.add.about.com |
| www.ncbi.nlm.nih.gov/pubmed | |
| www.add.org | www.chadd.org |
| www.medscape.com | articles, abstracts from medical journals, etc. (requires registration/no charge) |
| www.myadhd.com | |
| www.advance.com | |
| www.addclasses.com | tele classes, ADD book club, Coaching |
| www.helpforadd.com | Attention Research Update |
| www.corepsych.com | Dr. Charles Parker |
| www.russellbarkley.org | Russell Barkley, his books, videos, etc. |
| www.caddra.ca | Canadian ADHD Resources Alliance |
| www.caddac.ca | |
| www.amenclinic.com | Dr. Daniel Amen's web site |
| www.brainplace.com | "a wealth of information to help you learn about the brain" according to Dr. Amen |
| www.addiss.co.uk | |
| www.adhdmarriage.com | |
| www.adhdrollercoaster.org | |
| www.medicinenet.com | information, some detailed, about medication |

Tele class providers:

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| www.add.org | www.addclasses.com | www.addresources.org |
| www.addvisor.com | www.adhdconference.com | www.russellbarkley.org |

Books:

Hallowell, Edward M., M.D. & John J. Ratey, M.D.

Driven to Distraction
Delivered from Distraction
Answers to Distraction

Richardson, Wendy, M.D.

When Too Much Isn't Enough (Ending the Destructive Cycle of AD/HD and Addictive Behavior)
(2005)
The Link Between ADD and Addiction (1997)

Richardson books are highly recommended when dealing with addictions and adhd.

Tuckman, Ari, Psy.D., M.B.A.

Integrative Treatment for Adult ADHD (2007)

More Attention, Less Deficit (Success Strategies for Adults with ADHD) (2009)

Amen, Daniel G., M.D.

Healing ADD (The Breakthrough Program that Allows You to See and Heal the 6 Types of ADD)
(2001)

Barkley, Russell A., Ph.D. (with Christine M. Benton)

Taking Charge of Adult ADHD (2010)

Barkley, Russell A., Ph.D., Kevin R. Murphy, Ph.D., & Mariellen Fischer, Ph.D.

ADHD in Adults: What the Science Says (2008)

Barkley, Russell A., Ph.D. & Kevin R. Murphy, Ph.D.

ADHD: A Clinical Workbook (3rd. Ed.) (2006)

Sterling, Ron, M.D.

Adult ADD Fact Book: Putting the Pieces Together (2011)

Chandler, Chris

The Science of ADHD (2010)

Screening tools available:

www.psychcentral.com

Online screen that can be completed and scored online at no charge

www.amenclinic.com

DVD's/programs

The Truth About ADHD by Wendy Richardson

ADHD and Addiction by Wendy Richardson