

iACTcenter Recommended Reading List



“ADHD Life Coaches Make the Difference Between Surviving and THRIVING with ADHD!”

~ Laurie Dupar

Find them in used bookstores, buy them on Amazon, or if you like books on tape, listen to the audio if available.

ADHD

- **Thom Hartmann's Complete Guide to ADHD-** Thom Hartman
- **The Out-of-Sync Child-** Carol Stock Kranowitz
- **You mean I'm not lazy, Crazy, or Stupid-** Kate Kelly and Peggy Ramundo
- **What do other people know that I don't?-** Michelle Novotni
- **ADHD After Dark-** Ari Tuckman
- **Logical Consequences-** Loren Grey and Rudolf Dreikurs
- **A Radical Guide for Women with ADHD-** Sari Solden
- **What Your Child Wishes You Knew-** Dr. Sharon Saline
- **The Smart But Scattered Guide to Success-** Peg Dawson EdD, Richard Guare Ph.D.
- **Driven to Distraction-** Dr. Edward Hallowell, John Ratey
- **Order from Chaos-** Jaclyn Paul
- **Mastering your Adult ADHD-** Steven Safren, Susan Spinach, Carol Perlman, Michael Otto
- **Organizing Solutions for People with ADHD-** Susan Pinsky
- **When an Adult You Love Has ADHD-** Russell Barkley, Ph.D.
- **The ADHD Effect on Marriage-** Melissa Orlov
- **ADHD 2.0-** Dr. Edward Hallowell, John Ratey



COACHING

- **Co-Active Coaching-** Henry & Karen Kimsey-House, Phillip Sandahl, Laura Whitworth
- **Coach The Person, Not The Problem-** Marcia Reynolds

OTHER

- **Why We Sleep-** Mathew Walker, PhD
- **Conquering Chronic Disorganization-** Judith Kolberg
- **Boundaries-** John Townsend, Dr. Henry Cloud

