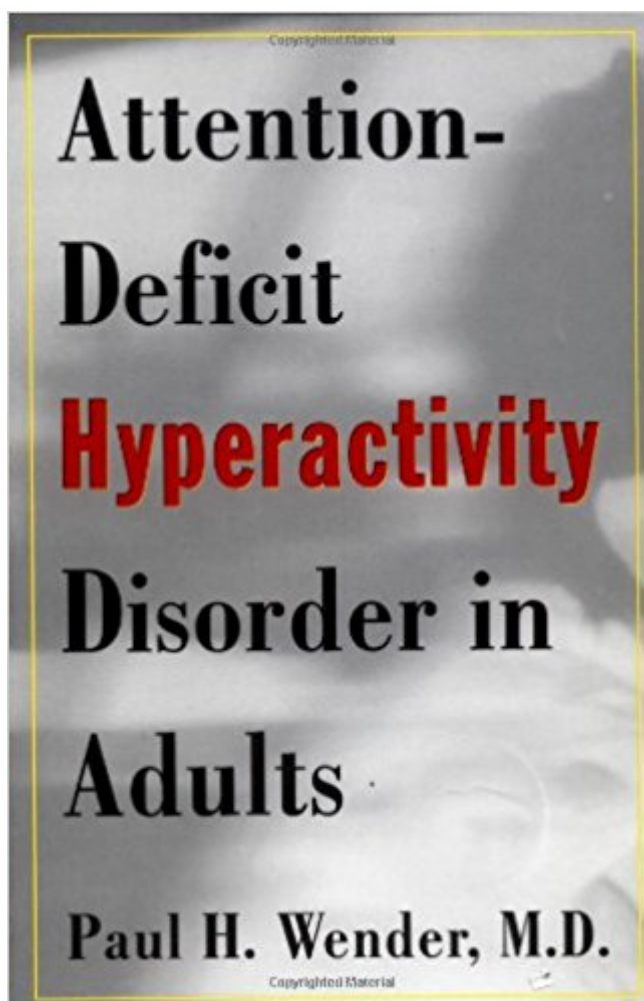


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# Attention-Deficit Hyperactivity Disorder In Adults



## Synopsis

Most people still think of attention-deficit hyperactivity disorder (ADHD) as a psychiatric disorder affecting only young children and adolescents. During the past decade, however, researchers have become convinced that ADHD is not always outgrown with age. Instead, they insist, it very often persists in later life and is a common psychiatric disorder in adults. Paul H. Wender, who has been studying and writing about this disorder for more than 25 years, is the ideal candidate to sort out the current controversy surrounding the often undiagnosed ailment. When Wender's acclaimed *The Hyperactive Child, Adolescent, and Adult*, directed at both lay readers and clinicians, was published in 1987, the *American Journal of Psychiatry* greeted it as "very clearly written and free of technical jargon," and declared that it "should be in the personal library of every clinician of any discipline who deals with children with attention deficit disorder, adolescents, or adults on a regular basis." Now, in *Attention-deficit Hyperactivity Disorder in Adults*, Wender for the first time gathers together the important new breakthroughs he and others have made in the diagnosis and treatment of ADHD in adults. Written for psychiatrists and non-medical therapists, but also of interest to the lay reader, the book emphasizes the commonalities that emerge from the research literature and winnows the factual from the sensational or overly simplistic reports in the popular media. Wender points to possible relationships between ADHD in adults and other psychiatric disorders, and discusses the impact of the disorder which can produce marital discord, academic failure, and disrupted careers. Reviewing what we know about ADHD, its symptoms, its life course, its etiology, the usefulness of various drug treatments, and the value to the patient of education about the disorder, Wender brings together a wealth of information not available in any other volume. A clinician who has treated patients with ADHD for many years, he offers compelling firsthand accounts from men and women who offer dramatic insight into what it feels like to have ADHD and how it responds to medical treatment. Combining the insights of his clinical practice with his innovative research on pharmacological treatments of psychiatric disorders, Wender builds a powerful case that ADHD in adults is a common genetically transmitted disorder. However, he also offers evidence that drug treatments can dramatically reduce symptoms and, when necessary, render patients more amenable to treatment for any residual psychological symptoms. Further progress, Wender maintains, requires that more precise clinical trials go hand in hand with molecular genetic research. Destined to become a classic in the field, *Attention-Deficit Hyperactivity Disorder in Adults* is an indispensable guide for clinicians and family counselors, and a source of help, hope, and understanding for adults who suspect that they or someone they care about may suffer from this much misunderstood disorder.

## Book Information

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## Customer Reviews

Attention Deficit Disorder (ADD), or Attention Deficit Hyperactivity Disorder (ADHD), is the diagnosis given heretofore to the "overactive" child who acted out in school, got poor grades, and couldn't sit still. Three decades ago, such children were often held back in school and thought to be lacking in self-control. Two decades ago, it was found that the stimulant Ritalin inexplicably calmed hyperactive children. It was believed that they eventually "grew out of it," usually by puberty. However, new research suggests that they do not grow out of ADD but instead learn to adapt and struggle with the disorder well into adulthood. Two new books address this premise. Wender (*The Hyperactive Child, Adolescent, and Adult*, Oxford Univ. Pr., 1987), professor of psychiatry and Director of Psychiatric Research at the University of Utah School of Medicine, has written *Attention Deficit Hyperactivity Disorder* for professionals, but informed lay readers will appreciate the case histories. In thorough, if quite technical manner, Wender synthesizes the overlapping research and possible relationships between ADHD and learning disorders, as well as alcohol abuse as those afflicted try to self-medicate. *Out of the Fog*, written by the chief of the Adult ADHD Clinic at the University of Massachusetts Medical Center, is written for a popular audience and could serve to "self-diagnose" readers by using "Self-Exploration Exercises." Murphy also gives lists for simplifying and improving life for the adult with ADD, using concrete examples of time management and organizational skills. Written from a personal perspective (Murphy also has ADHD), it provides much insight into the world of the hyperactive adult. Both books are highly recommended. Nina Wikstrom

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"For anyone interested in ADHD in adults, this book is the place to start."--Journal of Personality Assessment

His classic work.

I have ADD and have been looking for a book which gives insights into the causes of ADD, in order to help me self-manage the condition effectively. This is a serious book, written for medical professionals, but with the aid of medical dictionary, I discovered valuable information I have found nowhere else. If you're not familiar with medical terminology, you (like me) will probably find it tough going, but its worth persisting. I have found the information useful in modifying diet, handling ignorant medical professionals, and reading other medical literature. If you have ADD, aren't getting enough from superficial self help books, want to know what's behind our condition and are ready to work to get through the occasional medical jargon, I recommend this book to you.

I have read/own several books on ADHD in adulthood (and in children/adolescents). A few years ago I couldn't find any but in recent years the writing of such books seems to have become a major enterprise. I ran into this book about 6 years ago (shortly after it was published) and found it to be one-of-a-kind and a real eye-opener. Since then I have continued to learn what I could about this condition which seems to run in my family. Now there are tons of "popular" books and "professional" books on the subject. I keep going back to this one. In fact, I'm only writing this because I was just checking to see if there was a new edition. In spite of all of the other books I've read, this remains my personal gold standard. It is clear and convincing. Dr Wender, where are you? Please update your book.

Of all the books on ADD, this is the most helpful I've seen for making decisions about medication for adults. Most books focus on children, and few give comprehensive information about what medications may be helpful, along with specific dosage and scheduling recommendations for adults. Too many doctors practice "cookbook medicine" when it comes to prescribing ADD meds. Patients who have read this book before consulting with their doctors will have the information they need to ask the questions and provide the personal information that can assure they receive a

medication schedule tailored to their specific needs.

For women who are less likely to be diagnosed, perhaps because they internalize symptoms and attempt to overcompensate for the difficulties, they are likely to be looked upon by spouses as more childlike, and be subject to the perception that they need greater parental care than others. It's possible that males with the problem are accepted in society as alpha male characters rather than having problems, and because of the high energy levels associated with the difficulties, may be idolized by society. These and other issues may be topics of future analysis that have long been a part of American culture that emphasizes individuality and freedom that may mask symptoms or misdiagnose them than what they actually are. In spousal relationships, it's possible that many dominance factors work in favor of men in such an environment, and may be detrimental to self development of women. Looking at these issues might be a social concern that needs to be addressed that have only recently become noticeable as women take to the workplace and "in view" in significant numbers.

This book has helped me in writing useful psychological evaluations and understanding the ADHD in adults. It has a great deal of useful information. I particularly like his method of what to look for in the childhood history and the checklist he provides to do this. However, there are other books that should be consulted too that provided an additional perspective on making recommendations for a particular individual. It is a very useful book for the professional but cannot stand alone.

Very interesting. A bit too technical for the "lay-person" at the beginning, but it's an easy to understand guide for those of us who live with an ADHD adult. Makes a great case for seeking treatment, which is something many adults with ADHD are hesitant to do. Also very useful information about hereditary aspects of ADHD.

This book has some very good information about ADD. I don't think it was actually written for a person with ADD to read. For somebody who claims to know so much about ADD, he does not know how to write a book that a person with ADD to actually read through. It may be full of great information but seems very hard for the average ADDer reader to stay focussed on. The author has very negative view on ADD. There was not any mention of the positive aspects of ADD like Thom Hartman and Lynn Weiss have in their books. I was disappointed by this book. There was very little mention of ADD with out hyperactivity or inattentive ADD. There was very little mention of ways to

manage ADD other than medication.

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