

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:

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:

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