



Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder

Lenard Adler, Mari Florence

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A practical, authoritative book on an increasingly talked-about condition that affects more than 8 million American adults.

Dr. Lenard Adler, director of the Adult ADHD Program at New York University School of Medicine, presents the latest findings on Attention Deficit Hyperactivity Disorder. In *Scattered Minds*, he reveals hidden warning signs, debunks common misconceptions, and offers information on obtaining an accurate diagnosis, along with treatment options that include cutting-edge medications and proven coping strategies. Includes a screening quiz.

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