

Web Sites

Attention Deficit Disorder Association
www.add.org

Children and Adults with ADHD
www.chadd.org

Diagnosis of ADHD in Adults
<https://chadd.org/for-adults/diagnosis-of-adhd-in-adults/>

Learning Disabilities Association of America
www.lidaamerica.org

National Resource Center on ADHD
<https://chadd.org/about/about-nrc/>

Social skills in Adults with ADHD
<https://chadd.org/for-adults/relationships-social-skills/>

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

Contact Us

Call (608) 775-5995 or
(800) 362-9567, ext. 55995

Visit us online at
gundersenhealth.org/libraries

Email:

mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library –
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,
With the Stanek Cancer Library
Level 2, East Building

ADHD Adult Resources

John & Nettie Mooney Libraries

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Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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Books

Attention deficit disorder materials have call numbers from CB 200 to CB 209.

The ADHD advantage: what you thought was a diagnosis may be your greatest strength / Dale Archer.
(2015)

Driven to distraction: recognizing and coping with attention deficit disorder from childhood through adulthood / Edward M. Hallowell and John J. Ratey.
(2011)

Finding your focus: practical strategies for the everyday challenges facing adults with ADD / Judith Greenbaum.
(2005)

The gift of adult ADD: how to transform your challenges and build on your strengths / Lara Honos Webb.
(2008)

I always want to be where I'm not: successful living with ADD & ADHD / Wes Crenshaw.
(2014)

Is it you, me, or adult A.D.D.? : stopping the roller coaster when someone you love has attention deficit disorder / Gina Pera. (2008)

Making the grade with A+DD: a student's guide to succeeding in college with attention deficit disorder / Stephanie Sarkis.
(2008)

Organizing solutions for people with ADHD: tips and tools to help you take charge of your life and get organized / Susan C. Pinsky.
(2012)

Overcoming distractions: thriving with adult ADD/ADHD / David A. Greenwood
(2016)

The queen of distraction: how women with ADHD can conquer chaos, find focus, and get more done / Terry Matlen.
(2014)

Smart but stuck: emotions in teens and adults with ADHD / Thomas Brown.
(2014)

Succeeding with adult ADHD: daily strategies to help you achieve your goals and manage your life / Abigail Levrini.
(2012)

Taking charge of adult ADHD / Russell A. Barkley.
(2010)

View from the cliff: a course in achieving daily focus / Lynn Weiss.
(2001)

When an adult you love has ADHD: professional advice for parents, partners, and siblings / Russell A. Barkley (2017)

DVDs

ADD & loving it [DVD].
(2009)