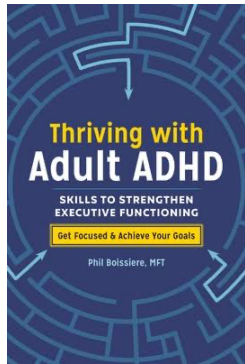
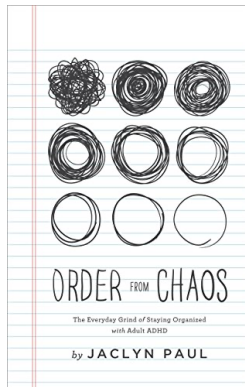


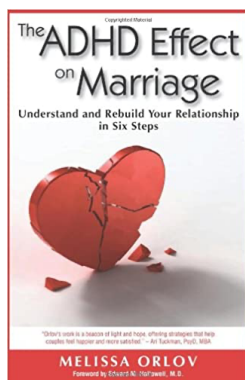
Book Recommendations for Adults with ADHD



With a focus on executive functioning, a critical component of managing ADHD, “Thriving with Adult ADHD” is a great read for adults who want to build a strong foundation for their lives with ADHD. The book’s main objective is to explore executive functioning skills which can include focus, organization, and stress management, and share tools and strategies for strengthening those skills as someone with ADHD.



“Order from Chaos” focuses on the stress and challenges that adults with ADHD face on a daily basis, everything from clutter around the house to forgetting to pay the bills on time. Based on the experiences of author and blogger of The ADHD Homestead, Jaclyn Paul, this book shares practical advice for managing the everyday chaos and the systems that Paul has found helpful for staying organized.



For adults, ADHD can have an effect on every relationship, primarily with your significant other. In “The ADHD Effect on Marriage,” Melissa Orlov explores the ways couples who experience ADHD in either one or both of the partners can better navigate their struggles and build a deeper relationship within their marriage. The book focuses on the ways each partner can better understand each other and offers techniques to strengthen communication.

For more book recommendations, see:

<https://www.healthline.com/health/mental-health/adhd-books#our-picks>