

## Membership/Support Organizations for ADDers:

**CHADD** (Children & Adults with Attention Deficit Disorder) <https://chadd.org/>  
*Local chapters, blog, magazines, research etc. Also <https://chadd.org/get-attention-magazine/>*

**ADDA** (Attention Deficit Disorder Association-focus on Adult ADHD) <https://add.org/>  
**ADDITUDE Magazine** - <https://www.additudemag.com/> For anyone-easy to digest.

**ACO** (ADHD Coaches Organization) - <https://www.adhdcoaches.org/> Searchable site to find Coaches with ADHD expertise/training. Also, I'm happy to refer/recommend qualified coaches.

## My Go-to Books/Authors

Driven to Distraction and everything else by Dr. Ned Hallowell (also has a good podcast)

A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldly, and Break Through Barriers by Sari Solden MS and Michelle Frank, PsyD. (*Sari also wrote the first book about women with ADHD- I recommend all of her work*).

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents by Nancy A. Ratey, MCC

Smart but Stuck: Emotions in Teens and Adults with ADHD by Dr. Thomas E. Brown (Note: Highly respected Manhattan Beach-based ADHD diagnostician and MD)

Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals by Chris Zeigler Dendy (expert on all things teenager)

Why Will No One Play with Me? The Play Better Plan to Help Children of All Ages Make Friends and Thrive by Caroline Maguire (expert on kids and families)

Falling Through the Ceiling: Our Family ADHD Memoir by Larry Jones, M.D.

## ADHD Coach Training Resources:

- **ADD Coach Academy** <https://addca.com/>
- **JST Coaching & Training** <https://www.jstcoaching.com/>
- **Guare Dawson Executive Function Self-Assessment (free)**  
<https://www.doe.virginia.gov/support/school-psychology-services/professional-development/2016/materials/dawson-executive-skills-questionnaire.pdf>
- **Adult Self-Report Scale (ARSR) Screener** World Health Organization (free)  
<https://add.org/adhd-test/>

*Thank you, Friends. Let me know if I can support you in any way. Stay well. Warmly, Sherri*