Contents

Preface xi

Introduction xvii

Chapter 1  Misconceptions about Focus and Willpower  1

Chapter 2  Six Aspects of a Complex Syndrome  20

Chapter 3  ADD Syndrome and the Working Brain  59

Chapter 4  Childhood: Struggling with Self-Management  92

Chapter 5  Adolescence: Greater Independence

Brings New Challenges  117

Chapter 6  Adulthood: Managing Responsibilities,

Finding a Niche  143

Chapter 7  How ADD Syndrome Differs from Normal Inattention  167

Chapter 8  Disorders That May Accompany ADD Syndrome  200

Chapter 9  Medications and Other Treatments  246

Chapter 10  Fears, Prejudices, and Realistic Hope  296
Resources 319
References 323
Index 349