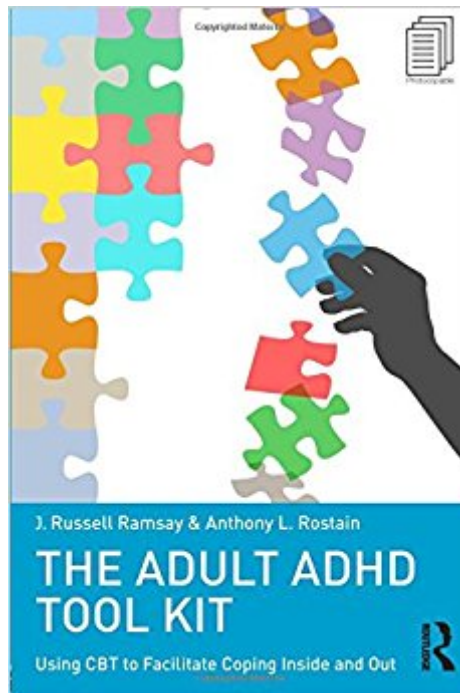


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# The Adult ADHD Tool Kit: Using CBT To Facilitate Coping Inside And Out



## Synopsis

A central source of frustration for most adults with ADHD is that they know what they need to do but they have difficulties turning their intentions into actions. These difficulties also interfere with their ability to use self-help books and to get the most out of psychosocial treatments that provide coping strategies that promise to improve their functioning. Drs. Ramsay and Rostain are experts in the assessment and treatment of adult ADHD and are leaders in the development of effective psychosocial treatments for this group of patients. Their newest book, *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out* is a coping guide for adults living with ADHD, one that does not just present useful coping strategies but also provides specific tactics designed to help readers implement these skills in their daily lives and brings them to life in a user-friendly format. The authors discuss many different settings in which ADHD may cause difficulties, including work, school, matters of physical health and well-being, and the issue of excessive use of technology. Although written for consumers, clinicians will find the book to be a clinically useful tool for their adult patients with ADHD, serving as a companion to the newly updated and expanded second edition of Drs. Ramsay and Rostain's professional treatment manual, *Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*.

## Book Information

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## Customer Reviews

"In over 35 years of treating adults with ADHD, I have never come across a better resource than Ramsay and Rostain's *The Adult ADHD Tool Kit*. After an excellent presentation of

foundational processes such as planning, time management, procrastination, motivation, organization, and challenging distorted beliefs, they creatively apply these techniques to coping in college, the workplace, relationships, and health. They also address the excessive use of technology and the role of medication for treating adult ADHD. Adults with ADHD and the professionals treating them will benefit greatly from Drs. Ramsay and Rostain's wisdom. Don't leave home without this tool kit." Arthur L. Robin, PhD, is the director of psychology training at Children's Hospital of Michigan in Detroit. "This book is the real deal. Ramsay and Rostain are clinicians and researchers and bring the best of each to the often confusing and frustrating challenges of ADHD. They offer strategies that aren't just nice ideas—they really work." Ari Tuckman, PsyD, MBA, author of *Understand Your Brain, Get More Done; More Attention, Less Deficit*; and *Integrative Treatment for Adult ADHD*. "This toolkit holds the tools for facing the challenges of adult ADHD and contains wisdom of true pioneers of ADHD treatment. The ideas and techniques in this book can transform an overwhelming life to one of hope and confidence." Craig Surman, MD, is an assistant professor of psychiatry at Harvard Medical School and the coauthor of *Fast Minds: How to Thrive If You Have ADHD (Or Think You Might)*. "Drs. Ramsay and Rostain take the reader on an insightful and comprehensive journey through overcoming some of the major pitfalls associated with adult ADHD (including time management, organization, and self-care). Readers will find themselves engaged and entertained by the authors' use of metaphor and examples from pop culture, which also helps to solidify ideas for later recall. The book is chock full of quick and simple takeaways, reminding readers of the most important tactics from each section." Abigail Levirini, PhD, is the clinical director at Psych Ed Coaches and author of *Succeeding with Adult ADHD: Daily Strategies to Help You Achieve Your Goals and Manage Your Life*.

J. Russell Ramsay, PhD, is cofounder and codirector of the Adult ADHD Treatment and Research Program and an associate professor of clinical psychology in psychiatry in the University of Pennsylvania's Perelman School of Medicine. He is cochair of the professional advisory board for the Attention Deficit Disorder Association. Anthony L. Rostain, MD, is cofounder and codirector of the Adult ADHD Treatment and Research Program and a professor of psychiatry and pediatrics in the University of Pennsylvania's Perelman School of Medicine, where he is also director of education for the department of psychiatry. He is currently president of the American Professional Society of ADHD and Related Disorders (APSARD).

I was diagnosed with adult ADD a few years ago and have been seeking scaffolding for "the weak parts" so I can carry on with my career as a writer and college professor. This book helped me more than any other that I have read. Actually this book has changed my life. I wish to say thank you to the authors. These steps and suggestions are the real deal.

This review is for paperback (eBook might be easier to use). I \*really\* wanted to give this book a good review, because content is great, Ramsay is a legend, the authors clearly know their stuff from actual experience on what works with adult ADHDers, and there's a big need for a practical ADHD workbook. However, the excellent content doesn't matter much because I found the physical book itself was aversive and difficult to read (even worse as a workbook, or when you want to find a part again). The thought of reading micro-text that runs together like this is exhausting, and I couldn't go more than a page or two at a time. Plus, it's relatively expensive. The irony is that the target readers (people with ADHD) are those who most need a "user friendly" format, which this definitely is not--think "printed denser than a graduate school textbook". I don't know what the publisher was thinking. BEFORE BUYING BOOK VERSION: I highly recommend you open "Look Inside the Book", and press "ZOOM -" to see whole page at a time. Then scroll down to typical pages to see how layout looks, and whether you could realistically tolerate it. Keep in mind it looks better and larger on a computer screen, but the actual book pages are HALF the size of an 8 1/2 x 11 sheet of paper. It's bound with only 1/4 inch inner margin too, so each line of text in physical book is "curved" near binding no matter how hard you press down.\* Extremely small font (like magazine print, but in long wide lines, not nice narrow columns)\* No space between paragraphs\* 1st line of paragraphs is barely indented, so that doesn't help break up pages either\* very easy to lose your place or jump lines\* Bound so tight it can't lay flat, and text will be curved as you read it\* awkward to highlight or make notes on curved surface\* very few sections/text divisions, so hard to find things you want to refer back to\* Will need to be read at a desk/table, where you can press down to flatten it (binding is too springy to hold in one hand)\* If you're at all dyslexic, don't even think about it On the plus side:\* paper is bright and high quality; printing is sharp; binding is tight and durable;\* There are at least helpful "Take Away" boxes of summary bullet points (in much larger font), the only feature that makes it easier to read/use So, 5 stars for content (even if it could do with some editing down), but only 2 stars for the physical book and ease of use. Think very hard about whether you'd realistically get through a book that takes so much work to read.

This is a heck of a book. It's apparent the authors have worked with adults with ADHD. They do a

really nice job of providing practical "in the moment" tools that they hope will become "sticky" for readers. They also do a great job of using CBT, but specifically for those with ADHD/brain issues. My only complaint is I wish it were not quite so expensive.

This book has been really helpful for me in that place between knowing what I should do, and being able to actually do it - and it's the first resource I've ever seen that even acknowledges this is a legitimate place to get stuck, and has specific strategies for managing it. It's also really easy to read - they do a great job of pulling out the most important things into bullet points, so if reading paragraphs isn't working that well, I can just get the info I need to implement their ideas.

Good book. Could be condensed by 30-40%. A lot of repetition. But good information.

This offers useful ADD information that I've not seen elsewhere. It's based on University research. I especially liked the section on overcoming procrastination on specific activities.

This has been a great resource with a lot of simple, practical, and effective tools. Each tool was explained with all the necessary detail for immediate application. This will be a reference I will continue to utilize often going forward.

Lots of VERY HANDY tools in here for dealing with impulse-control and distraction issues. I like it!

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