



The 2015 ADDITUDE Gift Guide for Adults with ADHD

Great ADHD-tested ideas for the forgetful, creative, disorganized loved ones on your holiday shopping list.



From the ADHD Experts at

ADDITUDE

Strategies and Support for ADHD & LD

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A trusted source of advice and information for families touched by attention-deficit disorder—
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

ADDitudeMag.com

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Yes, you could get your spouse another spa certificate or pair of football tickets—and they'd probably be tickled. Or you could invest in a gift that solves those daily, nagging problems (we're looking at you, lost keys, forgotten appointments, and missed deadlines) and makes your loved one's life a little easier. If you'd like to give the gift of productivity, organization, or calm that lasts all year, add these ADHD-tested recommendations to your holiday shopping list.

20 Best Gifts for Anyone with ADHD

Wait, the holidays are here again?! These gift ideas mix fun, function, and symptom control for people with ADHD.

1. **Belkin Wemo**

How many times has your distracted loved one left the house, only to double back and make sure the iron was unplugged, the lights were off, or the heat was turned down? Save them frustration and precious time with a Belkin Wemo Insight Switch or Light Switch. This device allows you to control appliances plugged into a designated outlet or switch from your smartphone or tablet, anywhere, anytime. Brilliant.

(\$49.99 at www.belkin.com)



2. Lifeproof Case

Adults with ADHD are famous for their harrowing, spectacular accidents. While you can't save them from all of life's bumps, bruises and embarrassments, you *can* protect their precious electronics. Lifeproof media cases keep phones and iPads safe from water damage, hard falls (more than one), and attacks of the killer crumbs. Throw in a belt clip, armband, or bike mount for extra protection on the go.

(\$26.99—\$129.99 at www.lifeproof.com)



3. Knomad Air Portable Organizer

Never lose your charger, phone, or iPad in your cluttered purse or backpack again, with this portable organizer made for road warriors. There is a pocket for everything, and it folds up to fit into any bag. Transfer it from purse to messenger bag to home without losing track of important items—and saving you the frustration of digging through your bag wondering, “Where did I put my headphones?”

(\$69.95 at www.knomobags.com/usa/)



4. FujiFilm Instax Mini

A digital camera is great, if you can remember to upload the pictures and order prints. Cut one step out of that equation with the FujiFilm Instax Mini. It has a selfie mode so you can check the picture next to the lens, and automatic exposure control to automatically adjust shutter speed for bright subjects and bright background. Then, in 90-seconds or less, a picture is in your hands. The camera shuts off automatically after 5 minutes of inactivity to conserve battery power.

(from \$62.99 compare at www.fujifilmusa.com)



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5. **BOSE Quiet Comfort Headphones**

Build a cocoon of quiet concentration with the gift of sound-cancelling headphones. Many adults with ADHD become easily overwhelmed in noisy places; they can focus better at work when listening to music or nature sounds. Give them the freedom to tune in, and be more productive by tuning out distracting background noise with this gift.

(\$299.95 at www.bose.com)



6. **Gaiam Balance Ball Chair**

Science tells us that sitting still for eight hours is not healthy. Give your loved one a little wiggle-room, and the side bonus of strengthening back and core muscles, with the Gaiam Balance chair. It improves posture, and allows for some relief for restless limbs while still getting work done.

(\$63.98 at www.gaiam.com)



7. **Bucky Balls or Bucky Cubes**

Even adults with ADHD need fidget toys. Bucky Balls or Bucky Cubes keep anyone with restless hands attentive during long conference calls, or entertained during a much-needed coffee break. The magnetic building toys can be formed into thousands of different shapes to display or even wear, while giving the creativity muscle a workout in the process.

(\$6.99–\$24.99 at www.the-buckyballs.com)



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8. Cleaning Service Gift Card

Who wouldn't welcome magic cleaning fairies into their home? A gift card for a local cleaning service is a great way to let your loved one feel pampered, and free up precious hours for fun. Or try a **Molly Maid** gift card—with nationwide services, there is bound to be one nearby. (www.mollymaid.com)



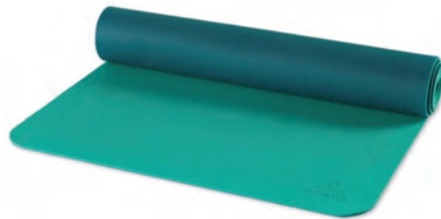
9. Knock Knock This Week Pad

Is your loved one not particularly tech savvy? The Knock Knock This Week Pad is the perfect fixture for the office desk or kitchen counter of a person who has a lot on his or her plate, and a tough time keeping track of all of it. Tasks are broken down by the day they need to be complete, but all on one page, letting sometimes scattered adults track specific to-dos while keeping an eye on the big picture. (\$8.29 at www.amazon.com)



10. ECO Yoga Mat

Slow concentrated yoga and racing ADHD brains may appear a bad fit, but the benefits of yoga—and the mindfulness it brings—are undisputed. Breath control can cut anxiety, and regular yoga poses can improve concentration and attention spans. Gift someone with the first step toward a restorative daily practice: their very own mat so they can try mountain pose, warrior, or the child's stance whenever and wherever they please. (\$48 at www.prana.com)



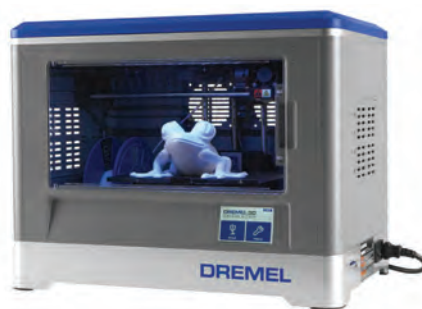
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11. Dremel Idea Builder 3D Printer

People with ADHD are wicked creative—full of out-of-the-box ideas, inventions, and innovations. Give your loved one a way to bring those ideas to life with a 3D printer. It can build prototypes for an existing idea, or design new items that reflect your loved one's special personality. This \$1,000 gift takes self-expression to the next level, and encourages experimentation and problem-solving skills to turn concepts into concrete, touchable objects. (\$999 at www.amazon.com)



12. Nesting Storage Containers

Purge your loved one's kitchen of all those mismatched Tupperware containers with no lids. Then, replace them with these airtight nesting containers that stack into each other when not in use, and have rainbow tops, making it easy to spot one at the bottom of the cabinet. In the fridge, the containers' clear design lets you see what's inside so leftovers don't go to waste. (\$35 at www.uncommongoods.com)



13. Decision Paperweight

Sometimes, the smallest decisions are the toughest ones to make. This fun device makes choosing easier by putting the responsibility in someone else's hands. Just spin your desk assistant to find out, should I do it "Today," "Tomorrow," or "Pass the Buck?" (\$18 at www.uncommongoods.com)



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14. Spacepak

It's easy to spot the suitcase packed by the person with ADHD. It's the one bulging at the seams. Gift your overpacking friend with a Spacepak compartment to maximize luggage space. The special technology can compress clothes so that two weeks of attire pack down flat and you can bring maximum outfit options. As a bonus, the system is designed not to wrinkle clothes, which means less ironing—and that's always a good thing.

(\$42–\$46 at www.flightoo1.com)



15. Awkward Moment at Work Card Game

Your spouse with ADHD has been known to get excited and blurt out inappropriate things when someone else—even his boss—is talking. While tricks like saying, “Oh, I’m sorry I interrupted you” can help him or her save face, why not have a little fun when you’re both off the clock, poking fun at all those sometimes-embarrassing work situations? People who can find humor in their mistakes—at work, at home, and in general—often have lower stress levels, and this game has laughs in spades. Each round, someone plays a card describing an awkward situation, and you and your friends try to play the best Reaction card. Then, a judge chooses the winner for “Most Awkward,” “Most Responsible” and more—a prize every round!

(\$19 at www.uncommongoods.com)



16. Tranquil Moments Pro Sleep System

If your overactive ADHD brain keeps you up at night—every night—this solution may be the ultimate gift. The Tranquil Moments Pro Sleep System has eight doctor-developed programs designed to coach you to sleep. Then, the gradual wake-up light and chimes gently pull you out of slumber so you



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can wake up every morning refreshed. With several sounds and rhythms that play throughout the night, Tranquil Moments is great for falling asleep fast, even if you wake up in the middle of the night.

(\$199.99 at www.brookstone.com)

17. Kinetic Sand

Adults with sensory issues will love this soothing sand that lets them make whatever they want—and remember the days of playing as a kid, without the tough cleanup! The sand sticks to itself, so go crazy building castles, sculptures, or anything worth dreaming up—even at your desk. Plus, the soft, squishy texture is a great stress reliever.

(\$14.99 at www.brookstone.com)



18. Hypr-3

“Keys-wallet-phone,”—a familiar mantra for adults with ADHD before they leave the house each morning. Hypr-3 is a little gadget that will cut that list by 33 percent. The tiny, inexpensive accessory can attach to a set of keys, and securely store credit and debit card information so you can leave your wallet at home. Then, simply pay using Bluetooth connectivity.

(www.hypr.com)



19. Parrot Flower Power

Give your loved one the gift of not killing any more houseplants. Parrot Flower Power is a digital sensor you insert into the soil of a potted flower or vegetable. It assesses the plant's needs, and then sends a notification to a mobile device when it's in need of sunlight, water, fertilizer, or a different temperature. There's no more finding withered greenery in a corner, long after it has dried up and died. This gift will ensure even the most forgetful gardener tends his plots.

(\$59.99 at www.parrot.com)



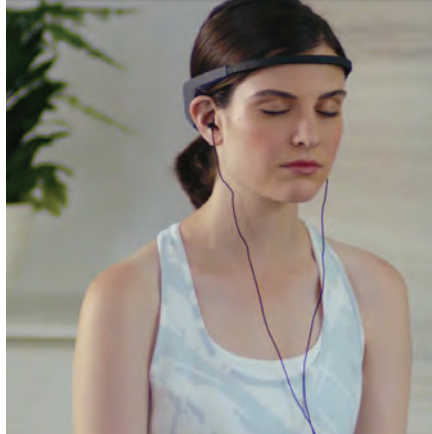
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20. Muse Brain Headband

Meditation is another word for attention training, something most adults with ADHD could use. It's a practice that teaches you to focus on your emotional state, thoughts, and the sensation of breathing. But, for many people, sitting still and thinking can be a daunting task. Now, the Muse Brain Headband monitors what is going on in your brain, and gives real-time feedback to keep you on track, and encourage you to build a more effective practice. In as little as three minutes a day, your loved one can experience the benefits of mindfulness—relaxation, improved mood, and reduced stress—anytime, anywhere they can slip on the headband. (\$299 at www.choosemuse.com)



15 Best Apps

Smartphone apps are a great way to keep symptoms under control, and have a little fun while doing it. Check out our top picks for the adults with ADHD in your life, and suggest these downloads alongside an iTunes or Android gift card.

Due (iOS, \$4.99)

You know what needs to get done each day; it's remembering to do it that's the problem. Forget less with Due, the app that stores your tasks, and lets you see how many are waiting for you with a glance at your notifications. Use 12 quick access tools to set reminders and reusable timers for tasks you complete daily—like putting coffee on in the morning, or taking the dog out each afternoon. If you're ignoring a task, persistent reminders will stay in sight until you complete the task, re-schedule it, or make the effort to silence it. Access your due dates from your iPhone, Mac, or iPad.



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Binaural **(iOS, free)**

Binaural beats are two different sounds transmitted into each ear by headphones. Your brain then combines them into one noise. Binaural beat therapy has been used to promote relaxation and sleep. The Binaural app has different preset sounds to bring on tiredness, meditation, concentration, learning, pain relief, and creativity. One reviewer said, “Tried quite a few apps like this but none can compare. This app helped me kiss insomnia goodbye!”



Remember the Milk

iOS, Android, free

Remember the Milk syncs across mobile, web, and apps to give you access to your task inventory anywhere, anytime, so you don't forget your grocery list—or anything else—again. Add a list of to-dos, estimate how long each will take, and see which are highest priority, added today, or overdue. The newest version allows you to vocally create your daily plan using Siri.



Brain Wars

(iOS, Android, free)

Brain Wars is a brain-training app designed to improve your focus and memory, and help you organize your thoughts. The app features simple math and memory puzzles that you can pick up and play whenever you have a free moment. Users are matched against an opponent for three 20-second puzzle rounds, and earn points for speed, memory, judgment, and mental math. Then, players can check their global rankings in real time. Perfect for the loved one with a competitive streak.



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Nag

(iOS, \$.99)

It's easy to get annoyed with a spouse or parent who hounds you to finish a task, but when it's an app doing the reminding—well, that's just helpful! Certain things just don't get done without multiple reminders. Nag is the persistent alarm clock that will keep pestering you until you just do it already. When you enter a task you can add an amount of time until the first reminder using 2, 5, 10, 30 and 60 minute intervals. Then, after the alarm goes off, you can take care of the task then and there by pressing stop, or let it remind you again in a set amount of time. No more burned dinners, or forgotten appointments in your future!



Stay On Task

(Android, free)

Stay On Task is a simple app that can work wonders for anyone who drifts off during long assignments at work. The app will periodically “check in” with you to make sure you're doing your work and not messing around. It's random, so users can't predict when it will check up on them. If you're off task when the app checks in, it provides a gentle reminder to re-engage.



HomeRoutines

(iOS, \$4.99)

Routine is the magic bullet that helps adults with ADHD create structure and stay organized. HomeRoutines digitizes daily chores, breaking your everyday tasks into morning jobs and evening jobs. For the more sporadic tasks like cleaning the kitchen, assign a focus zone, or a reminder that will prompt you to tackle that task on a specific day each week. When you fin-



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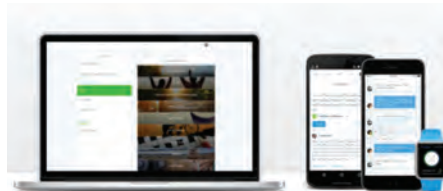
ish each, simply award yourself a gold star so you don't have to wonder, "Did I dust the living room?" ever again. If you miss a task, it resets for next time so you're not overwhelmed with two days of work in one. When you have 15 minutes free, "Run a dash" that will let you get something done for a set amount of time, and then move on. Use the accomplishments feature to pat yourself on the back for all of the work you have finished each day.

Priority Matrix (iOS, Android, free)



When you have a long to-do list, and not enough time to accomplish it all, it's easy to become overwhelmed and bogged down before you even start. The Priority Matrix app helps you change the way you think about your list by moving tasks into four categories: Critical & Urgent (do now); Critical, but not Urgent (do later); not Critical, but Urgent (delegate); uncategorized (delete or move). It lets you focus on what needs to be done, so you will waste less time finishing tasks that don't matter.

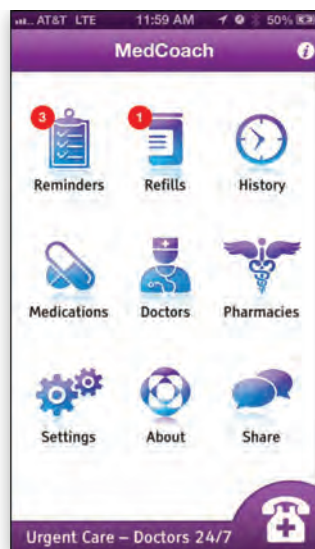
Coach.me (iOS, Android, free)



Like a sticker chart for adults, Coach.me helps you build habits. The app combines social networking and a daily chart to help you track when and how often you're doing an action. The ability to tap into a supportive community to give or receive "props" (similar to a Facebook "like") increases the chance that you will take action. Available habits range from "Floss Teeth" or "Clear Clutter" to the more difficult "Wake Up on Time." You also get daily tips and pats on the back for completing tasks.

MedCoach (iOS, Android, free)

Remembering to take your medication can be half the battle when finding the right treatment plan. MedCoach lets you move that obstacle out of the way. It alerts you when it's time to take your meds, and logs the ones you've taken, so you never have to worry about a double dose. Is forgetting to call in that refill your issue? Not anymore! This app can connect with your pharmacy to request more pills when you are running low.



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Tile

(iOS, Android, free with \$25 sensor purchase)

Tired of wasting time searching for lost keys? Stick a Tile on them (and your wallet, the remote, your jacket...) and use your smartphone to find your missing item. The unobtrusive design matches anyone's style, and the simple interface makes it a dream come true for anyone tired of asking, "Has anyone seen my keys?!?"



Todoist

(iOS, Android, free, \$29/year for certain features)

"Get more done in less time." Todoist's slogan, and something every adult with ADHD wants. The powerful app allows you to track and organize tasks and subtasks to break big projects into smaller pieces, then share projects or delegate tasks to family members or spouses. Notifications, intuitive dates, reminders and color-coded priority levels keep you on track. Then Karma tracks your productivity to show you what you've accomplished over time. Perfect for people with too much to do, and not enough time to do it in.



Peak

(iOS, Android, free with paid premium subscriptions)

The Peak games tackle scientifically researched cognitive challenges to build brain skills (and healthy habits). Each game focuses on one skill in bite-sized pieces. Peak makes self-improvement fun. Peak Pro customizes your training with a 6-game mind exercise plan that adapts to your performance to improve areas where your loved one



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struggles, and gives access to analytics that show when she's at her best. Compare to people in your age group or profession, and watch your scores climb with practice.

Happify
(iOS, Android, free with paid premium subscriptions)

Designed to build emotional intelligence and the five essential skills your loved one needs to increase the amount of happiness in his life. Playing Happify's games that remind you to be grateful, achieve goals, or savor the moment has been shown to increase positive emotions, and leaves many users with lifted spirits after two months. What better gift is there than good moods, and big smiles?



ReliefLink
(iOS, free)

Give your loved ones the power to manage their mental health in the palm of their hands with ReliefLink. It gives them one place to store emergency contacts, insurance/prescription information, and safety planning, all alongside a log of how they are feeling from day to day and reminders to take medication or go to that doctor's appointment. On days when they are feeling blue, they can tap into the voice-recorded mindfulness and relaxation exercises, relaxing music, or in a crisis, use the map locator to find mental health treatment facilities and hospitals nearby.



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ADDitude Special Reports Available Now

www.adhdreports.com

Mindfulness and Other Natural Treatments

The best non-medical treatments for ADHD, including exercise, green time, and mindful meditation.

Learn how mindfulness works on ADHD brains, and how to begin practicing it today. Plus, research the benefits of other alternative treatments like yoga and deep breathing exercises—including some designed especially for kids—as well as the science behind each natural therapy.

>> Learn More About This Special Report: <http://additu.de/mindfulness>

ADHD 101

A complete overview of ADHD, outlining every step from diagnosis to treatment—all the way to living successfully with attention deficit.

From the moment you suspect ADHD in yourself or your child, you have hundreds of questions. Which doctor can evaluate symptoms? What medication side effects should you be prepared for? Can diet help? This comprehensive eBook has over 100 pages of expert advice, personal stories, and more to help you become an ADHD expert.

>> Learn more about this special report: <http://additu.de/adhd-101>

9 Conditions Often Diagnosed with ADHD

Depression. Bipolar Disorder. Anxiety. OCD. And five more conditions that often show up alongside attention deficit.

About 80 percent of individuals with ADHD are diagnosed with at least one other psychiatric condition at some time in their lives. This in-depth special report looks at the nine most common, outlining symptoms, treatment strategies, and differentiating features of each. Plus, strategies for living well with any mental health condition.

>> Learn more about this special report: <http://additu.de/related>

FREE ADDitude Downloadable Booklets

Sleep Solutions for Kids with ADHD

Help your child fall asleep and stay asleep, every single night.

20 Secrets to a Smarter Summer

Don't let your child get in a summer slump.

Great Sports and Activities for Kids with ADHD

The most beneficial after-school sports for the ADHD brain.

10 Toughest Discipline Dilemmas—Solved!

Expert solutions for meltdowns, defiance, or disrespectful behavior in children of all ages.

Does Your Child Have a Learning Disability?

Use this self-test to find out if your child's problems at school may be due to LD.

Celebrities Living with ADHD

Famous people on how they found success with attention deficit.

Find these and many more free ADHD resources online at:

[http://additu.de/
freedownloads](http://additu.de/freedownloads)

FREE ADHD Webinar Replays from ADDitude:

Fast Minds: Managing Time, Tasks and Relationships

>> <http://www.additudemag.com/RCLP/sub/10468.html>

Dr. Surman and Dr. Bilkey describe the organization and time-management strategies that work best for adults with ADHD, explain how to drop negative thinking patterns, and more to help adults with “fast minds” start thriving.

7 Fixes for Self-Defeating ADHD Behaviors

>> <http://additu.de/brown>

Are your bad habits setting you up for failure? Find out what behaviors to watch for, and seven simple changes that can help you reach your full potential and put you on the path to success. Entrepreneur and ADHD coach Alan Brown teaches “fix-it” strategies that he used to cope with his own ADHD.

Stop Procrastinating and Get Things Done

>> <http://www.additudemag.com/RCLP/sub/11158.html>

This may come as a surprise, but procrastination actually isn't a time-management problem, it's an emotion-management problem. For many procrastinators, task avoidance becomes a sort of emotional coping mechanism. In this audio and slide presentation, hosted by Timothy A. Pychyl, Ph.D., learn why procrastination is common among ADHD adults and what you can do to (finally) break this cycle of voluntary delay.

Title: Smart Money Strategies for ADHD Adults

>> <http://additu.de/ta>

You don't need to be an investment banker to make financially sound decisions. In this audio presentation hosted by Stephanie Sarkis, Ph.D., you'll learn how executive functions affect your ability to manage money, how to avoid impulsive purchases, and more. Save, spend, budget, and plan like the pros!

How ADHDers Can Turn Intentions into Actions

>> <http://www.additudemag.com/RCLP/sub/11282.html>

Planning, organizing, and managing time are a normal part of everyday life. But for ADHD adults with poor self-regulation, attempts to utilize these skills can become a major roadblock to productivity. In this audio and slide presentation, hosted by J. Russell Ramsay, Ph.D., get essential strategies for organizing your behavior so you can get things done.

FREE ADHD Newsletters from ADDitude

Sign up to receive critical news and information about ADHD diagnosis and treatment, plus strategies for school, parenting, and living better with ADHD: <http://additu.de/email>

Adult ADHD and LD (weekly)

Expert advice on managing your household, time, money, career, and relationships

Parenting ADHD and LD Children (weekly)

Behavior and discipline, time management, disorganization, making friends, and more critical strategies for parents

ADHD and LD at School

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more

Treating ADHD (weekly)

Treatment options including medications, food, supplements, brain training, mindfulness and other alternative therapies