



ADDults with ADHD (NSW) Inc

A registered Charity supporting Adults and Families with ADHD

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by Dr Caroline Stevenson

A complete guide for adults with ADHD, offering detailed methods and practical strategies for improving performance.

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Produced by the management committee in conjunction with professionals in this field. "It's important to remember that the feelings themselves are not the problem, but finding an appropriate way to express them."

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..... **3. Conference 2009 : ADHD Across the Lifespan – A Practical Approach**

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..... **5. Conference 2007: Challenges for Adults with ADHD**

Presentation notes & overheads from Dr Tony Mastroianni, Dr Caroline Stevenson, Deborah Trevan-Catling, Heidi Sumich, Merrilyn Aylett, Alison Haigh, Ela & Natasha Simon

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..... **6. Parenting & Living with ADHD (adults)**

If you lose leaflets and flyers, this bound collection holds 72 brief articles, poems & prose – adults with ADHD, family issues, remediation, diet & food intolerances. Hopefully articles that stimulate more in depth research. Great for the waiting room table.

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..... 11. ADD in Teenagers: A Guide to Survival & Success (teen)

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