

## Resources and Materials

### ○ Books:

- *ADD Friendly Ways to Organize Your Life* by Judith Kolberg & Kathleen Nadeau, Ph.D.
- *Smart but Scattered Guide to Success* by Peg Dawson and Richard Guare
- *Smart but Scattered -- and stalled* by [Richard Guare](#), [Colin Guare](#), and [Peg Dawson](#)
- *BRAIN HACKS: Life-Changing Strategies to Improve Executive Functioning* by Lara Honos-Webb, Ph.D.

### ○ Websites:

- Children and Adults with Attention-Deficit/ Hyperactivity Disorder (CHADD; [www.chadd.org](http://www.chadd.org)), a nationwide support group for individuals with ADHD and their families. The website provides educational information as well as resources and local support group chapters.
- ADDitude → <https://www.additudemag.com/>
- Focusmate is a website that provides accountability and structure for individuals to help them complete tasks and accomplish goals. This will be a beneficial resource to help Mr. Weinrieb with motivation, task completion, and management of task related anxiety (<https://www.focusmate.com/>).