



ADD in Adults: Help for Adults Who Suffer from Attention Deficit Disorder

Gordon Serfontein

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There are many helpful books that can help with understanding and dealing with ADHD. There are books for people dealing with ADD or ADHD themselves, and books to help people deal with others around them who have ADD or ADHD. Most people, who are affected in one way or another by ADD, could gain a better understanding by reading about the causes, symptoms, and common issues. This is one of the books that make a good starting point.

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