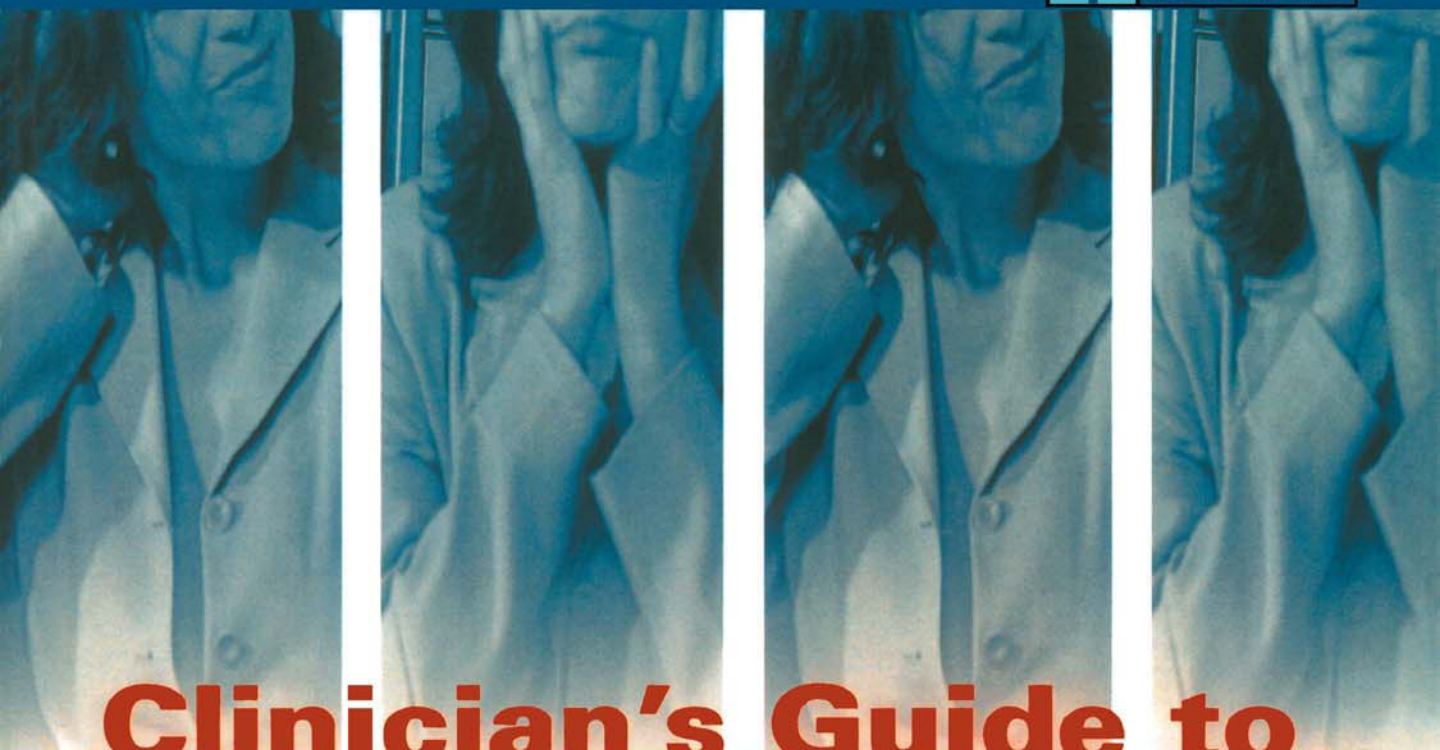




PRACTICAL RESOURCES  
for the Mental Health  
PROFESSIONAL



# **Clinician's Guide to Adult ADHD**

**Assessment and Intervention**

**Sam Goldstein  
Anne Teeter Ellison**



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# Clinicians' Guide To Adult ADHD

## Assessment and Intervention

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*For Janet, Allyson and Ryan.*

*Thanks to George Zimmar for his editorial assistance and vision in helping us create this text. Thanks also to Kathleen Gardner, as always, for her editorial and technical assistance.*

Sam Goldstein

*This book is dedicated to adults with ADHD. To your courage. To your dignity. To your spirit. For those of you who are still looking for answers . . . I hope the ideas that follow will help.*

*To my husband, Philip. Thank you for all your patience, understanding, and support.*

Anne Teeter Ellison

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The great tragedy of science—the slaying of a beautiful hypothesis by an ugly fact. Irrationally held truths may be more harmful than reasoned errors.

*Thomas Henry Huxley*

Although the world is full of suffering, it is also full of overcoming of it.

*Helen Keller*



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