5 Books That Can Help You Harness Your ADHD

by ALEXANDER BEIGA

Books for ADHD

Living with ADHD as an adult can feel like a challenge, especially if you don't have a support system or a partner to keep you on your toes. However, there are many helpful books for ADHD which you can read which will enable you to discover yourself, harness your ADHD and connect with others.

The following five books, in particular, have the potential to permanently change your life for the better by teaching you how to harness your ADHD.

1. *The Noticer* by Andy Andrews

A lot of people will try to tell you ADHD is a bad thing when it's not. What's great about this book is it doesn't mention ADHD, it wasn't even written explicitly for people with ADHD! It can still help you.

The Noticer is a collection of stories involving a man named Jones and how he helps strangers realize the answers to their everyday problems starts with themselves, not someone else. Jones helps people like you enhance your perspective so you can change the way you think, behave and perceive.

If you focus on improving yourself and doing what's best for you, then you can harness your ADHD and turn it into your very own superpower.

Maybe you already are, that depends on your perspective.

2. More *Attention, Less Deficit* By Ari Tuckman

If over the years, you've started reading 1 or 2 self-help books only to lose interest and never finish them, then this book is for you! Unlike other self-help books, this one engages you directly on every page.

Ari Tuckman, the author, is a psychologist specializing in the diagnosis and treatment of ADHD in children and adults. Ari based this book heavily on his research and first-hand experiences dealing with ADHD patients over the past 20 years.

More Attention, Less Deficit is one of the shorter books on this list, but it still offers valuable insight for adults who want to harness their ADHD. You'll get the most out of this book by reading it slowly and taking notes.

3. *The Analects* By Confucius

Have you ever heard of Confucius, the founder of Confucianism? If you haven't, then get ready for a life-changing crash course in philosophy!

Confucius was a Chinese philosopher who lived over 2500 years ago. He died considering himself a failure, but to this day his teachings are still taught all over the world.

The Analects themselves are the collected sayings of Confucius, translated from Chinese, the original title of *The Analects* means "edited conversations."

Confucius taught that what the superior person seeks is found within themselves, while what the ordinary person seeks is found in others. Look at this from the point of view as someone who has ADHD, not someone who considers themselves superior.

People try to tell you medication, therapy, and other methods are the best way to treat your ADHD. Confucius would say instead that the best way to manage your ADHD is by looking within yourself.

4. *ADD-Friendly Ways to Organize Your Life* by

This is one of those books you can begin reading from any page and still learn something helpful.

When you start reading, you'll first learn how to identify patterns that are keeping you disorganized. After which you'll learn about solutions to help you get and stay organized.

All the information in *ADD-Friendly Ways to Organize Your Life* is broken down for you, heading by heading, chapter by chapter. If you're one of those people who prefer to skim through books and go straight to the information you find interesting, then you'll like this book.

Long story short, Instead of going to a doctor or therapist for help, try sitting down and looking within yourself. (No pun intended.)

Don't let your ADHD prevent you from living the life you want, instead start harnessing it. As soon as you do, you'll begin to experiencing growth in a way you never imagined!

5. *The Bible*

Most people think about religion or Christianity when they hear about "the *Bible*." However, did you know the *Bible* offers valuable guidance for those with ADHD?

If there's one thing the *Bible* mentions over and over again, it's prudence. Prudence is when you discipline yourself by the use of reason.

Everyone has to discipline themselves, but when you have ADHD, you have to go the extra mile in the prudence department or else you'll fall behind. (I have ADHD, so I know!) The *Bible*, particularly in the section about Proverbs, goes into great detail about prudence.

Instead of hoping for a better tomorrow, have faith in one. Hope goes through the fire, but faith leaps over it.

Resources

Andy Andrews (The Noticer)

Biography (Confucius)

Indiana University Bloomington (The Analects of Confucius)

Amazon (More Attention, Less Deficit: Success Strategies for Adults with ADHD)

Amazon (ADD-Friendly Ways to Organize Your Life: Strategies that Work from an Acclaimed Professional

Organizer and a Renowned ADD Clinician)