

Outgrowing ADHD in Adults

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Synopsis

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Has ADHD caused you to form bad habits you can't seem to break?

Are the symptoms of ADHD threatening to destroy your marriage?

Do you want to take control of your ADHD and no longer let it define you?

If you answered yes to any of these questions, keep reading. It's frustrating and exhausting when you or someone you love has ADHD. Impulsive decisions, inattention, and emotional outbursts can wear you down day after day. People tend to think of unruly children when they hear the diagnosis "ADHD". But, in truth, adult ADHD is significantly more common than most realize. In fact, over 11,000,000 adults have ADHD in the US alone according to add.org. Naturally, people expect more from adults, which makes adult ADHD especially challenging to cope with. Thankfully, you can take comfort knowing you're not alone in this struggle and that many treatment options exist.

A 2018 study by Hoxhaj, E. et al. "Mindfulness vs Psychoeducation in Adult ADHD: a randomized controlled trial" published in the *European Archives of Psychiatry and Clinical Neuroscience* examined the effects of two treatment methods on adults with ADHD. They found that both a mindfulness training program and structured psychoeducation significantly reduced ADHD symptoms. With so many effective treatment options at your fingertips, you're sure to find the best option for you in this book.

In this guide, you'll discover:

- Why more men are diagnosed with ADHD than women (the truth may surprise you)**
- Eight troubling signs that you or a loved one may have ADHD
- How the "H" in ADHD can be misleading and what that it really means
- Four problems people with ADHD have in relationships and how to fix them
- How avoiding this common mistake will improve your concentration
- Why some ADHD sufferers often experience worse mental health effects

than others How to get and stay organized with this quick and easy "Five-box Method" Five simple tricks to stay focused at work (these are game-changers) And much, much more! <p>ADHD doesnâ€™t have to control your life.</p> <p>With the guidance in this book, even the worst ADHD symptoms can be overcome.</p> <p>Itâ€™s time to take back control and rediscover the person behind ADHD.</p> <p>Conquer adult ADHD today by clicking â€œBuyâ€• right now! </p>

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