

Recommended ADHD Publications & Articles

*Tip – To view a resource without leaving this page, **right-click on the link and select ‘Open in New Tab.’***

Publications

Explore a small sampling of ADHD-related articles that have informed my own learning – each links to a trusted publication with many more resources to discover.

★ ADDitude Magazine

[DESR: Why Deficient Emotional Self-Regulation is Central to ADHD \(and Largely Overlooked\)](#)

[How ADHD Amplifies Emotions](#)

[Use This Checklist to Assess ADHD Doctors and Clinicians](#)

[ADHD Symptoms You Won't Find in the DSM5](#)

[Never Enough? Why ADHD Brains Crave Stimulation](#)

[Three Defining Features of ADHD Everyone Overlooks \(Interest Based Nervous System\)](#)

[Your Brain's GPS Is Glitchy: Why Working Memory Fails and How to Bolster It](#)

★ CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

[Diagnosing ADHD](#)

[Executive Function Skills](#)

★ Understood

[How to Help Kids with ADHD Manage Screen Time](#)

[What is Executive Function](#)

[ADHD and Medication - What I Need to Know](#)

[Trouble with Flexible Thinking: Why Some Kids See Things Only One Way](#)

★ Child Mind Institute

[Why Do Kids Have Trouble With Transitions?](#)

[How is the ADHD Brain Different](#)

Additional Articles

This section includes additional ADHD-focused articles that provide meaningful perspectives.

[Let's Talk about Processing Speed](#)

[How Emotions Influence the Brain](#)

[ADHD Task Initiation](#)

[As a Neurodivergent Psychologist, Here Are 7 Things I Wish People Knew About ADHD](#)

[How to Support People with ADHD](#)

[12 Executive Functions of the Brain Spotlight: Time Management](#)

[The Unexpected Consequences of Sensory Overload in ADHD: 10 Hidden Impacts](#)

[The ADHD Body Double: A Unique Tool for Getting Things Done](#)