



# When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings

*Russell A. Barkley*

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**When an Adult You Love Has ADHD: Professional Advice for Parents, Partners, and Siblings** Russell A. Barkley

In this book ADHD expert Russell Barkley explains the science behind ADHD and how you can tell if your spouse, partner, friend, adult child, or sibling may have it. He shows how to guide your loved one toward the right treatment, and what to do if he or she doesn't want treatment.

Adults with ADHD can be successful, achieve their goals, and live out big dreams—and you can help. You can set boundaries to manage your own emotional and financial stress, too. Here you will learn practical steps for helping your loved one accept and manage their disorder, and pursue paths in life where ADHD might not pose such a big problem.

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