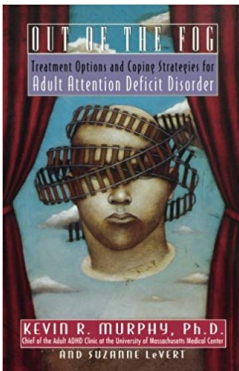
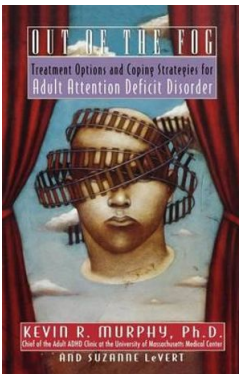


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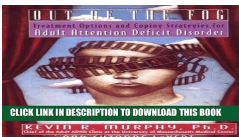
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"A great practical guide to living with ADHD in adulthood. Readable, informative, and useful."
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authors of *Attention Deficit Disorder in Adulthood*

Once known as "hyperactivity" and thought to occur only in children, Attention Deficit Disorder is now proving to be a serious neurobiological condition, which affects millions of adults across the country. In *Out of the Fog*, Dr. Kevin R. Murphy, Chief of the Adult Attention Deficit Hyperactivity Disorder Clinic at the University of Massachusetts Medical Center, and medical writer Suzanne Levert give adult ADHD patients and their families everything they need to understand and live with ADHD, including practical advice on how to cope with its symptoms and current methods for treating this often debilitating condition. In this handy, readable guide you'll also find:

- the latest medical information on drug therapy and other treatment breakthroughs
- psychological insight into the emotional toll of ADHD and how to handle it
- helpful tips on how to raise the "organizational curtain" and improve communication skills
- strategies for coping with ADHD in the workplace and in relationships

Reassuring and authoritative, *Out of the Fog* is the definitive handbook no one affected by ADHD should be without.

"*Out of the Fog* will serve as an invaluable resource for adults with ADHD. It is accurate, comprehensive, and well written. Dr. Murphy's extensive clinical experience shows through on every page."
—Michael Scullin, Ph.D., Professor of Psychiatry and Director of the ADHD Program at SUNY Health Science Center

"Reading *Out of the Fog* literally saved my life. It is my ADHD bible." "Then, between the covers, I found myself. It has been of immeasurable value to me with its wealth of information and direction. Best of all I have learned there is an explanation, and there is hope and help. I am not alone."
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