



# Your Life Can Be Better, Using Strategies for Adult ADD/ADHD

*Douglas A. Puryear*

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This book is about using strategies for adult ADD or ADHD to make your life better. It has more information, too, especially about studying and learning, but it's really about strategies.

It is personal; it tells of how I and my patients and my friends cope, and sometimes fail to cope, with our ADD ADHD.

So it is not particularly scientific, and doesn't go much into the basics, like the history of ADD or how it's diagnosed, or causes, or treatment, though it does have some of that.

But what I'm trying to say is, it is about strategies, what you can do to make your life better.

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