



# The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out

*J. Russell Ramsay, Anthony L. Rostain*

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A central source of frustration for most adults with ADHD is that they know what they need to do but they have difficulties turning their intentions into actions. These difficulties also interfere with their ability to use self-help books and to get the most out of psychosocial treatments that provide coping strategies that promise to improve their functioning. Drs. Ramsay and Rostain are experts in the assessment and treatment of adult ADHD and are leaders in the development of effective psychosocial treatments for this group of patients. Their newest book, *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out* is a coping guide for adults living with ADHD, one that does not just present useful coping strategies but also provides specific tactics designed to help readers implement these skills in their daily lives and brings them to life in a user-friendly format. The authors discuss many different settings in which ADHD may cause difficulties, including work, school, matters of physical health and well-being, and the issue of excessive use of technology. Although written for consumers, clinicians will find the book to be a clinically useful tool for their adult patients with ADHD, serving as a companion to the newly updated and expanded second edition of Drs. Ramsay and Rostain's professional treatment manual, *Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*.

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A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out*

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