

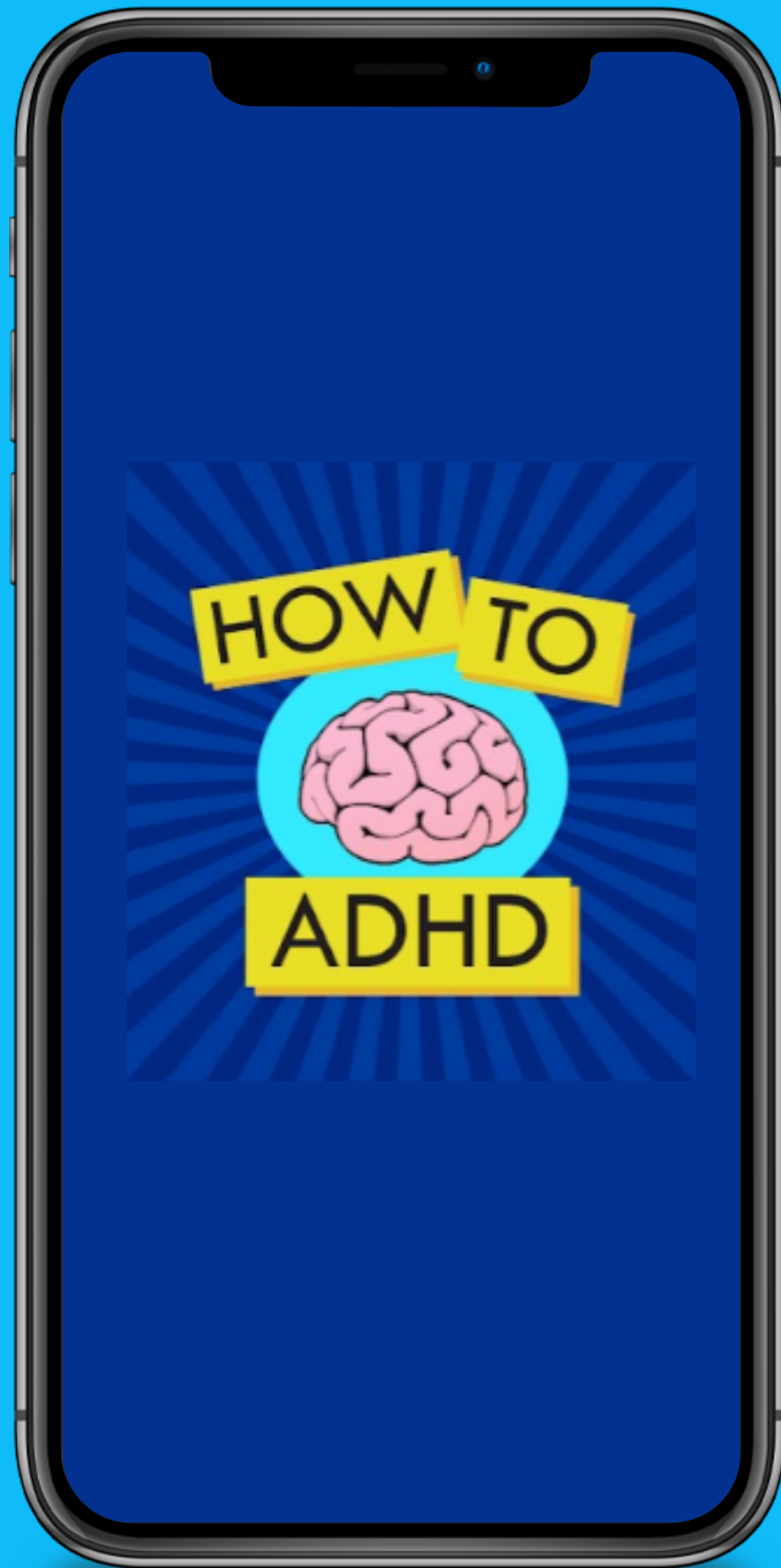


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ADHD

RECOMMENDED RESOURCES

These are a few of our favorite resources for learning more about ADHD. We hope you find them helpful and informative!



How to ADHD

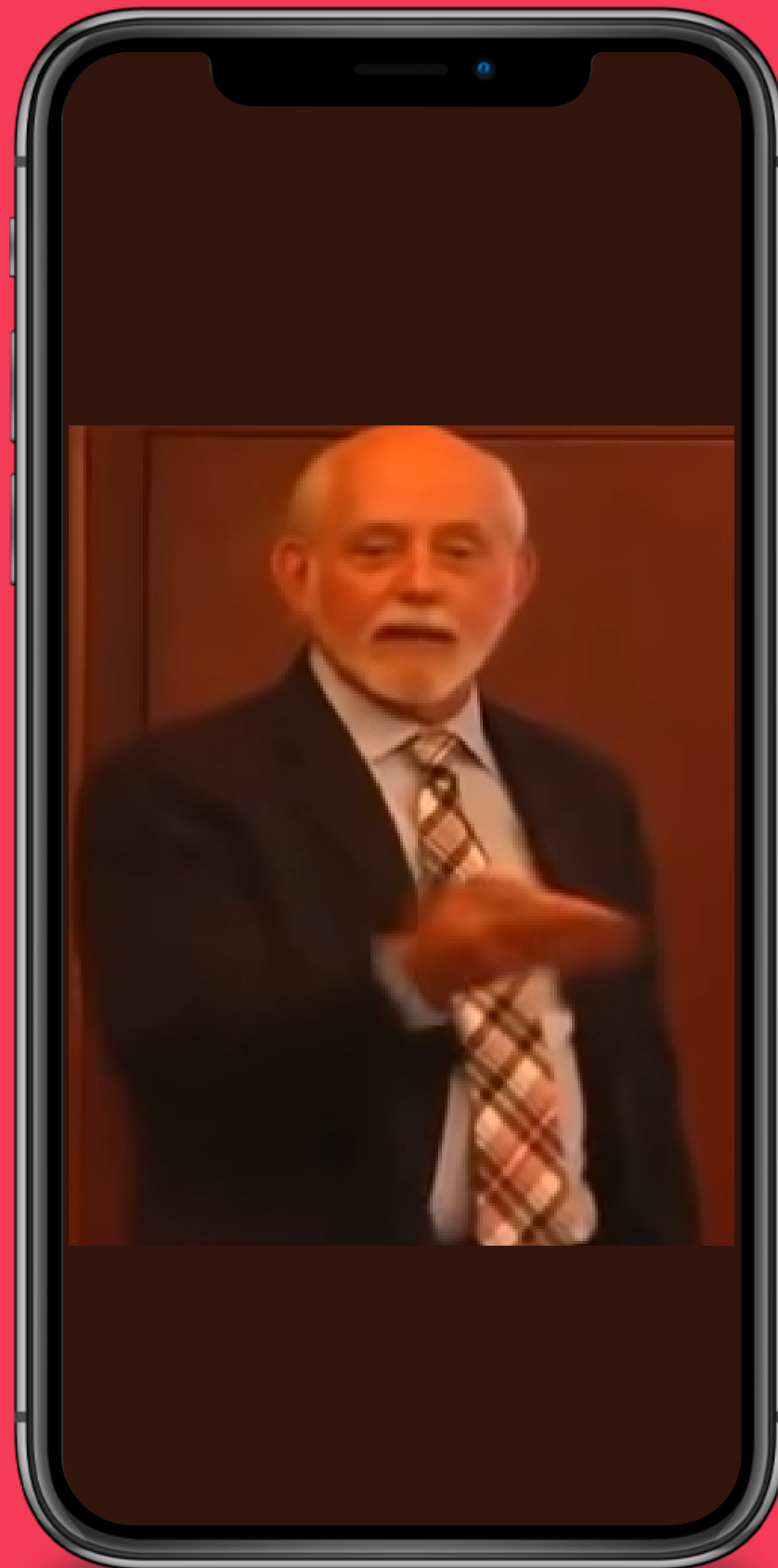
YouTube Channel and Website, Jessica McCabe

Jessica McCabe shares videos that support people with ADHD in their daily struggles and educate others on the topic of ADHD. Her YouTube Channel and website are both great resources.

Click on the links below:

[How To ADHD YouTube Channel](#)

[How To ADHD Website](#)



Dr. Russell Barkley & The Science of ADHD

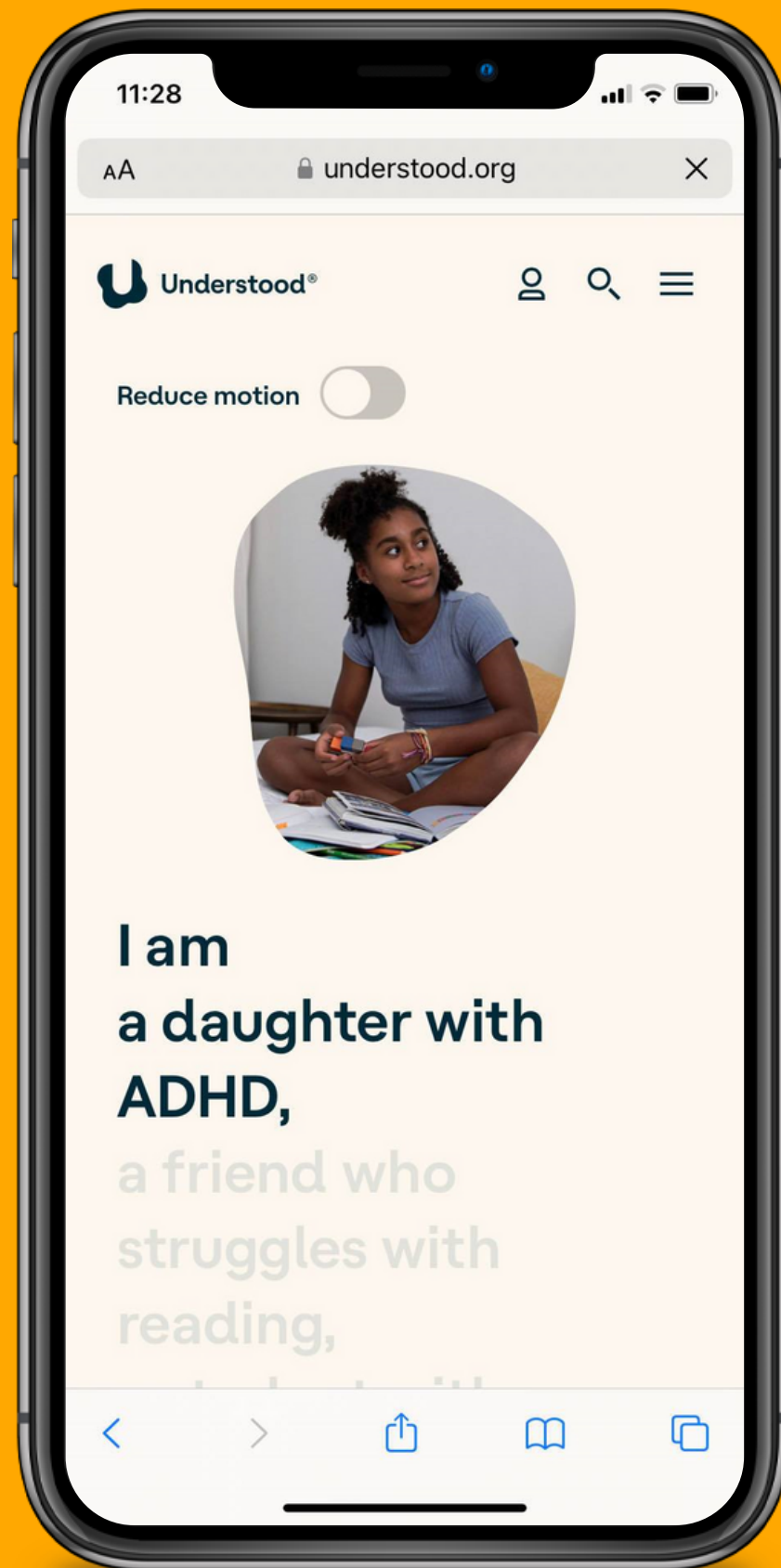
Lecture Series on YouTube

As a Burnett Seminar Keynote Speaker, Dr. Russell Barkley presented his research on ADHD, self-regulation and executive functioning. We really like how comprehensively Dr. Barkley explains ADHD as an “intention deficit disorder” and his exploration of how coaches, teachers, managers or others can create scaffolding to help those with ADHD.

Click on the links below:

[Our favorite excerpt from the lecture](#)

[More information about Dr. Russell & the full lecture](#)



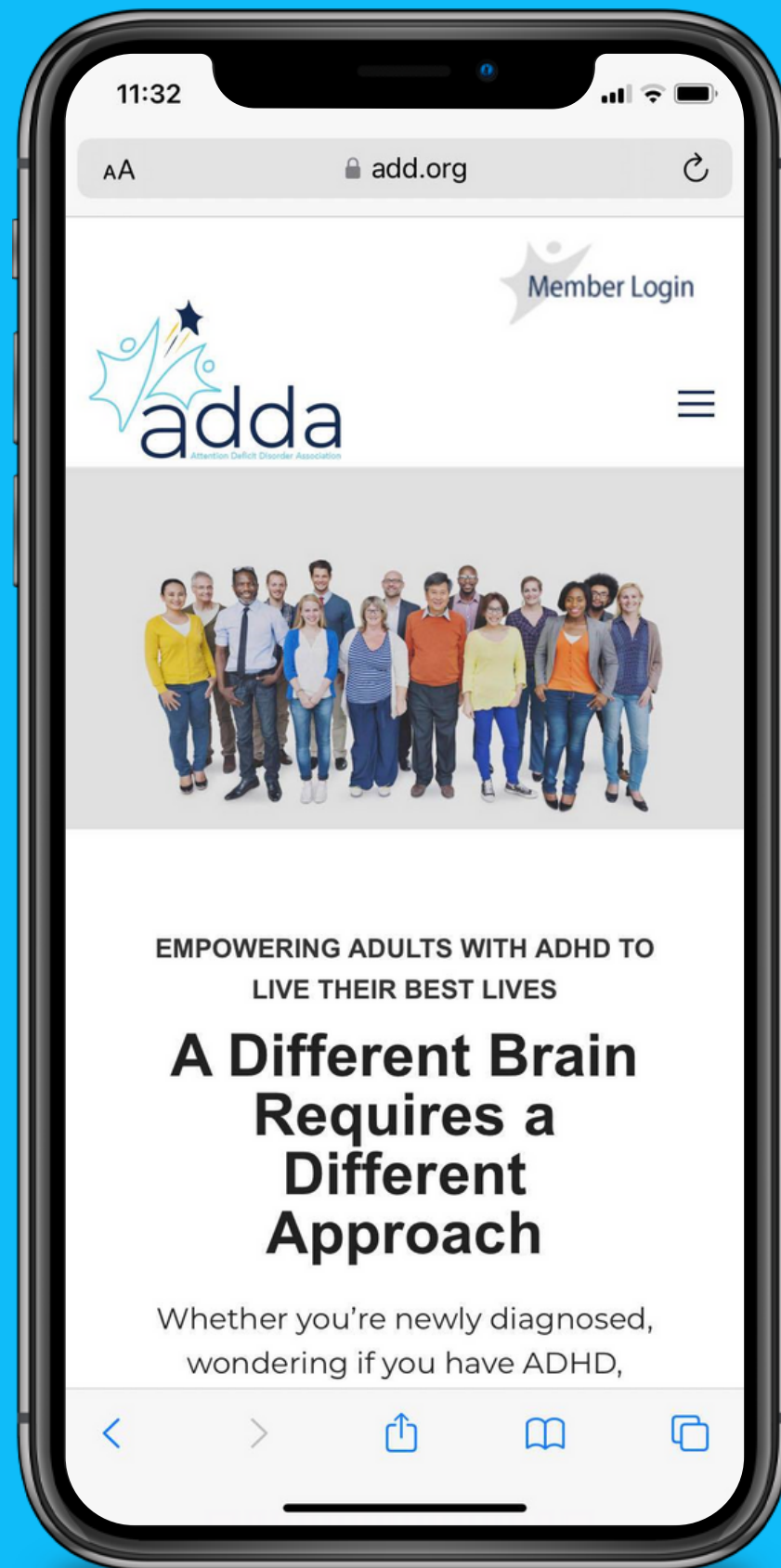
Understood

Web platform

Understood provides parents and families with resources, expertise and community around neurodiversity. Their mission is to help those who learn and think differently to discover their potential, take control, and find community and positive paths forward. This is a great resource for information and support on both ADHD and ASD in particular.

Click on the link below:

[Understood.org website](https://www.understood.org)



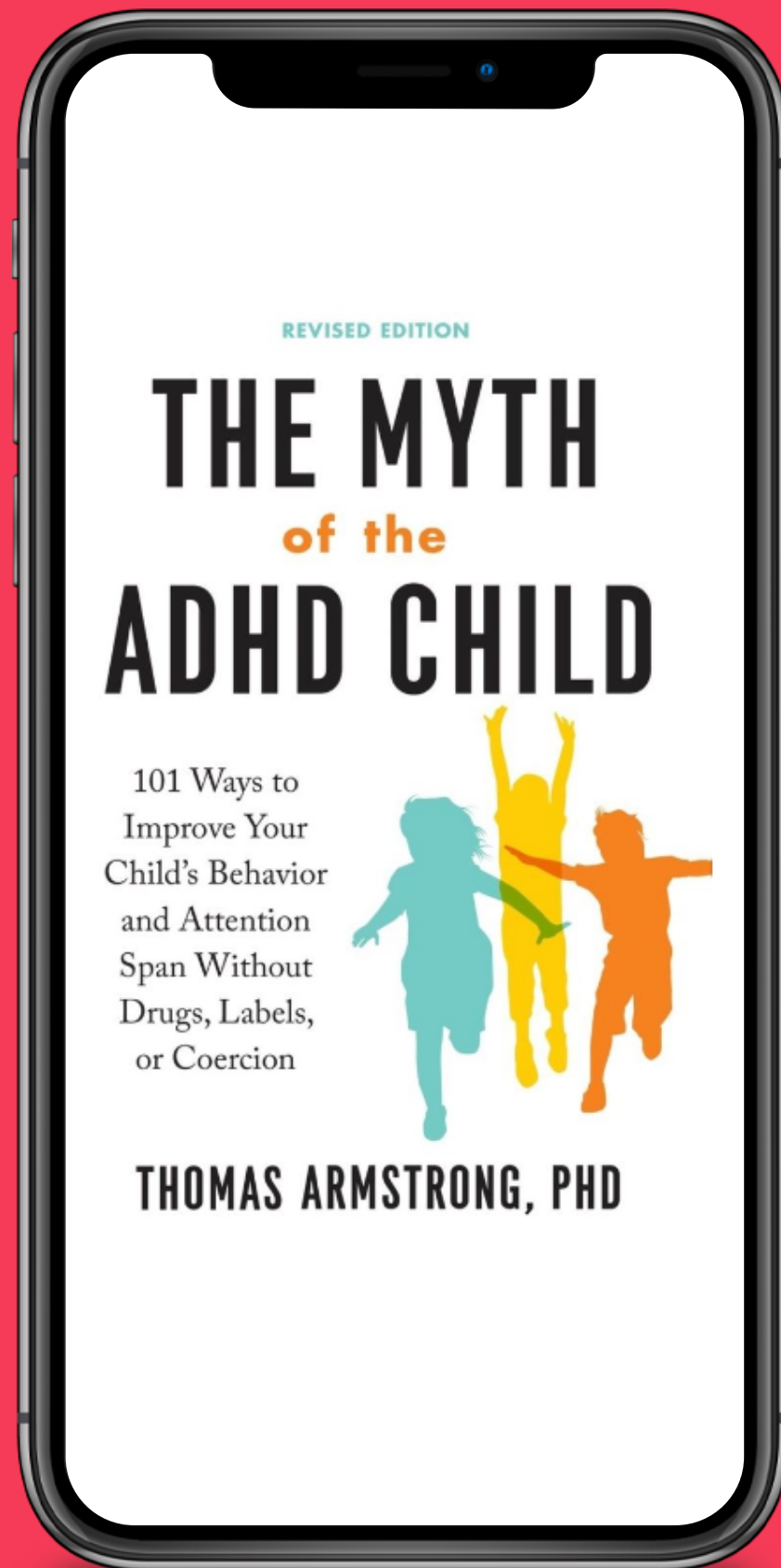
Attention Deficit Disorder Association (ADDA)

Website and Worldwide Community

ADDA is a worldwide inclusive community created by and for adults with ADHD. Their website is full of learning resources and opportunities for connection with other adults who have ADHD.

Click on the link below:

[ADDA website](#)



Institute 4 Learning

Website & additional resources, Dr. Thomas Armstrong

Dr. Thomas Armstrong is a psychologist and researcher who has focused on neurodiversity, adolescent learning, and human development. He has written many books and articles on neurodiversity and ADHD in particular. Linked below are some of our favorite resources that he has shared over the years.

Click on the links below:

[The Myth of the ADHD Child by Thomas Armstrong](#)
[The Power of Neurodiversity by Thomas Armstrong](#)
[Full Institute4Learning Resources List](#)

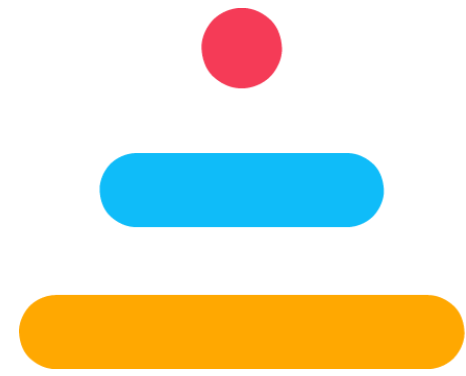


Unlocking ADHD

Website, additional resources and community organization

Unlocking ADHD empowers ADHDeRS and their families to live life to the fullest through a variety of resources. Visit their website to find virtual events, an ADHD starter kit, personal stories from ADHDeRS, and so much more. Their rich library of blog posts about understanding and living with ADHD is particularly powerful. Though Unlocking ADHD is based in Singapore, and focuses on serving individuals in the Singapore area, many of their resources are accessible to a global audience.

- The [Unlocking ADHD website](#)
- The [Restart ADHD Starter Kit for Adults](#)
- [Personal Stories](#) from Individuals with ADHD
- [About the mission](#) of Unlocking ADHD



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Coaching can help individuals with ADHD understand and cope with the challenges they face, as well as take a positive, strengths-based approach to their future goals and aspirations. If you or someone you love with ADHD is interested in learning more about coaching, please contact us for more information.

team@appliedlife.is

www.appliedlife.is

