

Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work)

Steven A. Safren, Susan Sprich, Carol A. Perlman, Michael W. Otto

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Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) Steven A. Safren, Susan Sprich, Carol A. Perlman, Michael W. Otto The intervention described in this client workbook contains all of the necessary information for participating in a practical, tested, and effective cognitive-behavioral intervention for adults with ADHD and residual symptoms not full treated by medications alone.

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