

TOOLS & RESOURCES



for

ADHD

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APPS

#1

DROPBOX

Dropbox is an online storage house for all your files. It keeps them safe, synced, and easy to share.

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#2

EVERNOTE

Evernote is the modern workspace that syncs between all of your devices. Work everywhere and stay productive. It's your brain, externalized.

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#3

POCKET

With Pocket, all of your content goes to one place, so you can view it anytime, on any device. You don't even need an Internet connection.

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#4

CALENDLY

Calendly allows you to find the perfect time for scheduling appointments with others without playing phone and email tag.

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APPS

#5

GOOGLE DRIVE

Google Drive is a safe place for all your files and puts them within reach from any smartphone, tablet, or computer.

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#6

FOCUS AT WILL

Focus@will is a new music service based on human neuroscience. It helps you focus and retain information.

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#7

MINT

At last, your bills and money are together in one place and easier than ever to manage. Just add your bills to see how helpful we can be.

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#8

POMODORO TECHNIQUE

Use the pomodoro technique to take the complexity out of time tracking, so you can keep your rhythm.

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**THE BEST THE
WAY TO THINK
ABOUT ADHD IS
NOT AS A MENTAL
DISORDER BUT AS
A COLLECTION OF
TRAITS AND
TENDENCIES THAT
DEFINE A WAY OF
BEING IN THE
WORLD.**

- DR. NED HALLOWELL -

APPS

#9

VOXER WALKIE TALKIE MESSENGER

Voxer combines the power of live voice with text and photo sharing. It also allows you to communicate in a more personal way without needing to sync time and space.

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#10

DICTIONATION FOR OS X MAVERICKS

Once you turn on dictation in Dictation & Speech preferences, you can dictate text anywhere you can type it by choosing Edit > Start Dictation.

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#11

UNSTUCK

Every time you're feeling stuck, it helps you figure out how you're stuck and gives you the tools and tips to create change.

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#12

UNROLL ME

Instantly see a list of all your subscription emails. Unsubscribe easily from whatever you don't want.

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APPS

#13

HEADSPACE

Meditation made simple. Guided meditations for improving your focus, mindful awareness, relieving anxiety and reducing stress.

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#14

STOP, BREATHE & THINK

A friendly, simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.

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#15

CALM

Discover how simple meditation really is, and how taking a few moments out of your day can make you happier and healthier.

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#16

AURA

Aura is the simplest solution to reducing stress and increasing positivity through 3-minute meditations.

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**FIND YOUR
GENIUS AND
BECOME A
STRONG
ADVOCATE
FOR IT.**

- LAURA HONOS-WEBB, PH.D.

ASSESSMENTS

#17

STRENGTHSFINDER

Gallup research proves that people succeed when they focus on what they do best. When they identify their talents and develop them into strengths, people are more productive, perform better, and are more engaged.

[CLICK HERE TO GET TEST](#)

#18

THE FASCINATION PERSONALITY TEST

The Fascination Personality Test is the first way to measure your personal brand's most impressive qualities and understand how others perceive you at your best. Make a better first impression, with your most influential traits.

[CLICK HERE TO GET TEST](#)

#19

VIA CHARACTER STRENGTHS SURVEY

Research shows that VIA character strengths can be used to address a variety of life challenges and achieve positive personal and professional outcomes.

[CLICK HERE TO TAKE](#)

#20

TRUITY PERSONALITY TESTS

Explore your personality type with our popular TypeFinder® series! These assessments are based on the theory developed by Isabel Briggs Myers. There are a variety of free assessments.

[CLICK HERE TO TAKE](#)

BOOKS

#21

DELIVERED FROM DISTRACTION

By: Edward M. Hallowell & John J Ratey

Widely recognized as the classic in the field, the book has sold more than a million copies. Dr. Edward Hallowell's is our go-to guy for approaching ADHD.

GET IT ON AMAZON

#22

SMART BUT STUCK: EMOTIONS IN TEENS AND ADULTS WITH ADHD

By: Thomas E. Brown

Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck.

GET IT ON AMAZON

#23

ORGANIZING SOLUTIONS FOR PEOPLE WITH ADHD

By: Susan Pinsky

Susan Pinsky outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population.

GET IT ON AMAZON

#24

THE GIFT OF ADULT ADD

By: Laura Honos-Webb

Instead of focusing on your weaknesses, this book shows you how to transform symptoms into strengths to improve your relationships, job performance, parenting skills, and overall quality of life.

GET IT ON AMAZON

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**YOU CAN'T
USE UP
CREATIVITY.
THE MORE
YOU USE, THE
MORE YOU
HAVE.**

- MAYA ANGELOU -

CHADD

#25

DIAGNOSIS OF ADHD IN ADULTS

By: National Resource Center On ADHD

A diagnosis of ADHD is determined by the clinician based on the number and severity of symptoms, the duration of symptoms and the degree to which these symptoms cause impairment in various life domains.

START READING NOW

#26

ADHD LEGAL RIGHTS: HIGHER EDUCATION AND WORKPLACE

By: National Resource Center On ADHD

An ADHD diagnosis itself does not guarantee the right to receive accommodations in the workplace or higher education setting. This is a deep dive into the legal rights in higher education and the workplace.

START READING NOW

#27

WOMEN AND ADHD

By: National Resource Center On ADHD

While research of ADHD in women continues to lag behind that in adult males, many clinicians are finding significant concerns and co-existing conditions in women with ADHD. This highlights the challenges women face with diagnosis and treatment.

START READING NOW

#28

SUCCEEDING IN THE WORKPLACE WITH ADHD

By: National Resource Center On ADHD

Some adults with ADHD have very successful careers. But for others, the symptoms of ADHD can create a variety of challenges. Here are some of the challenges and tips to overcome them.

START READING NOW

CHADD

#29

SUCCEEDING IN COLLEGE WITH ADHD

By: National Resource Center On ADHD

Whether you are a recent high school graduate or an adult returning to college, the path from enrollment to graduation can often be daunting. This path may be especially challenging for those with ADHD.

START READING NOW

#30

MANAGING MONEY WITH ADHD

By: National Resource Center On ADHD

Managing finances is a unique challenge for an individual with ADHD. The major features of procrastination, disorganization, and impulsivity can wreak havoc on finances.

START READING NOW

"IF THERE WERE BUT ONE RULE FOR TREATING ADHD IT WOULD BE THIS: FIND OUT WHAT YOU'RE GOOD AT, AND DO IT."

- EDWARD M. HALLOWELL, M.D.

COURSES

by RUSSELL A. BARKLEY, PH.D.

#31

ADHD IN ADULTS, PART I: NATURE AND DIAGNOSIS

This course reinforces information from the lecture on the diagnosis and sub-typing of children with ADHD (#1 above) but with application to adults with ADHD. The course also includes a wealth of information on the group of individuals termed Sluggish Cognitive Tempo.

[CLICK HERE TO START COURSE](#)

#32

ADHD IN ADULTS, PART II: IMPAIRMENTS IN MAJOR LIFE ACTIVITIES

Dr. Barkley addresses the impairing nature of ADHD at work, school and interpersonally. He also discusses other areas of impairment less well known as being associated with ADHD, such as money management, driving, and physical health.

[CLICK HERE TO START COURSE](#)

#33

ADHD IN ADULTS, PART III: ASSESSMENT AND TREATMENT

In this course Dr. Barkley describes the information that should be covered in the evaluation of adults with ADHD. He also notes the use of rating scales and why neuropsychological tests are not always useful for diagnosing ADHD.

[CLICK HERE TO START COURSE](#)

#34

THE NATURE OF ADHD: THE EXECUTIVE FUNCTIONS AND SELF-REGULATION

Dr. Barkley has developed one of the leading theories of executive functioning (EF) and its role in the nature of ADHD.

[CLICK HERE TO START COURSE](#)

PODCASTS

#35

ADHD EXPERTS PODCAST

By: ADDitude Magazine

Leading ADHD experts give real-life answers to questions submitted by ADD adults and parents raising children with attention deficit disorder across a range of topics covering symptoms, school, work, and family life.

[CLICK HERE TO LISTEN](#)

#37

DISTRACTION WITH DR. NED HALLOWELL

By: Dr. Ned Hallowell

If you're pulled and prodded all day from many directions or tied to your smartphone and apps, this insightful and entertaining journey will help you regain control of your life in a fun and novel way.

[CLICK HERE TO LISTEN](#)

#36

ADHD REWIRED PODCAST

By: Eric Tivers

Hear stories, learn strategies, and get great productivity tips as we talk about the real life struggles and what it takes to achieve success.

[CLICK HERE TO LISTEN](#)

#38

UNMISTAKABLE CREATIVE

By: Srini Roa

In-depth interviews with psychologists, graffiti artists, ex-cons, best-selling authors, world-famous cartoonists, and media powerhouses, we uncover the stories that have made them unmistakable.

[CLICK HERE TO LISTEN](#)

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**CREATIVITY IS
INTELLIGENCE
HAVING FUN.**

- ALBERT EINSTEIN

TED TALKS

#39

DO SCHOOLS KILL CREATIVITY?

By: Sir Ken Robinson

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.

[CLICK HERE TO WATCH](#)

#41

FEATS OF MEMORY ANYONE CAN DO

By: Josh Foer

Science writer Joshua Foer describes the technique — called the memory palace — and shows off its most remarkable feature: anyone can learn how to use it, including him.

[CLICK HERE TO WATCH](#)

#40

WHAT MAKES US FEEL GOOD ABOUT OUR WORK?

By: Dan Ariely

Behavioral economist Dan Ariely presents two eye-opening experiments that reveal our unexpected and nuanced attitudes toward meaning in our work.

[CLICK HERE TO WATCH](#)

#42

YOUR BODY LANGUAGE SHAPES WHO YOU ARE

By: Amy Cuddy

Social psychologist Amy Cuddy shows how “power posing” — standing in a posture of confidence, even when we don’t feel confident — can affect testosterone and cortisol levels in the brain.

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TED TALKS

#43

THE SURPRISING SCIENCE OF HAPPINESS

By: Daniel Gilbert

Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

[CLICK HERE TO WATCH](#)

#45

THE SURPRISING HABITS OF ORIGINAL THINKERS

By: Adam Grant

Organizational psychologist Adam Grant studies "originals": thinkers who dream up new ideas and take action to put them into the world. In this talk, learn three unexpected habits of originals – including embracing failure.

[CLICK HERE TO WATCH](#)

#44

YOUR ELUSIVE CREATIVE GENIUS

By: Elizabeth Gilbert

Elizabeth Gilbert muses on the impossible things we expect from artists and geniuses – and shares the radical idea that, instead of the rare person "being" a genius, all of us "have" a genius. It's a funny, personal and surprisingly moving talk.

[CLICK HERE TO WATCH](#)

#46

HOW TO BUILD YOUR CREATIVE CONFIDENCE

By: David Kelley

David Kelley suggests creativity is not the domain of only a chosen few. Telling stories from his legendary design career and his own life, he offers ways to build the confidence to create.

[CLICK HERE TO WATCH](#)

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**THE
SECRET OF
GETTING
AHEAD IS
GETTING
STARTED.**

- MARK TWAIN

TOOLS

#47

EGGTIMER

You may not always have a handy portable timer with you. E.ggTimer is a dead simple web-based count down timer that you'll (almost) never be without.

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#48

WORD COUNTER

Word Counter allows you to copy and paste a document you have already written into the word counter box and display the word count and character numbers for it.

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#49

HEMINGWAY

Hemingway App is a tool that makes your writing more bold and clear.

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#50

TIME TIMER PRODUCTS

Timer products that use a visual red disk, and as time elapses, the red disk disappears, creating a graphic image of the passage of time.

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WHAT TOOL OR RESOURCE DO YOU USE?



HELLO, MY NAME IS ADAM.

I'm the Co-Founder of ADHD Collective. I hope these tools and resources can be helpful to you on your ADHD journey.

If you use a specific tool or resource and you don't see it here on the list, email me at adam@adhdcollective.com. We update this list from time to time and we'd love to include it.

CONTACT INFO

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