



# **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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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 fully treated by medications alone.

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