



# ADHD and the Nature of Self-Control

*Russell A. Barkley PhD ABPP ABCN*

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**ADHD and the Nature of Self-Control** Russell A. Barkley PhD ABPP ABCN

This far-reaching work from renowned scientist-practitioner Russell A. Barkley provides a radical shift of perspective on ADHD. The volume synthesizes neuropsychological research and theory on the executive functions, illuminating how normally functioning individuals are able to bring behavior under the control of time and orient their actions toward the future. Meticulously applying this model to an examination of the cognitive and social impairments manifested in ADHD, Barkley offers compelling new directions for thinking about and treating the disorder. The paperback edition features a new afterword in which the author reflects on current research directions and the continuing evolution of his approach.

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