



Beating Boredom as the Secret to Managing ADHD: The Elephant in the ADHD Room

Letitia Sweitzer

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Boredom and boredom avoidance drive the behaviours of inattention, impulsivity, and hyperactivity – the diagnostic criteria of ADHD. This is the first ADHD resource to thoroughly explore the connection between the two.

Full of innovative approaches, the book introduces a wide range of strategies for professionals working in clinical, educational and therapeutic settings to help those with ADHD beat boredom and engage with tasks and goals they want or need to achieve. Approaches specifically designed for toddlers, children, teenagers and adults are included, which can then be incorporated into schoolwork, jobs, relationships and everyday life.

This practical resource will provide professionals who diagnose, treat, coach, and teach those with ADHD or those who suffer from frequent or pervasive boredom, with the tools to alleviate boredom in order to improve both concentration and mood.

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