



When Too Much Isn't Enough: Ending the Destructive Cycle of AD/HD and Addictive Behavior (Walking with God)

By Wendy Richardson



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This insightful book takes a thorough look at the link between AD/HD and addiction and offers tips on how to combat its devastating effects. Discover how the latest research underscores the importance of treating both the AD/HD and the addiction in order to ensure a full recovery.

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Editorial Review

From the Back Cover

Don't let AD/HD ruin your life. Ever feel out of control--like you just can't get enough food, gambling, sex, or alcohol? Have you ever been diagnosed with or suspected that you might suffer from Attention Deficit Hyperactivity Disorder? If so, AD/HD could be fueling your addiction. Even more serious, undiagnosed or untreated AD/HD might be undermining your recovery efforts. Family therapist and addiction specialist Wendy Richardson has been there too. Someone with AD/HD herself, Wendy explains the explosive link between AD/HD and addiction and offers tips on how to combat its devastating effects. She reveals how the latest research underscores the importance of treating both the AD/HD and the addiction in order to ensure a full recovery. If you or a loved one can't seem to overcome your addiction, you owe it to yourself to read this book. There might be scientific reasons why it's harder for you to recover. Don't let AD/HD rule your world. Take back control and begin a new chapter in life.

About the Author

Wendy Richardson, MA, MFT, CAS, author of *The Link Between ADD and Addiction* and *Getting the Help You Deserve*, is a licensed marriage, family therapist and a certified addiction specialist who has worked in addiction treatment since 1974. She is a nationally recognized expert on ADHD and co-occurring addictions, eating disorders, and criminal behavior. Wendy also has a private counseling practice in Soquel, California.

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