

ADHD Podcasts & Books

You're Wrong About ADHD

A great introduction to ADHD from radio DJs Katie Breathwick and Sam Pittis ft. credible and informative guests.

Late Bloomers

A raw and personal podcast about managing in a neurodivergent household.

ADHD Science Podcast

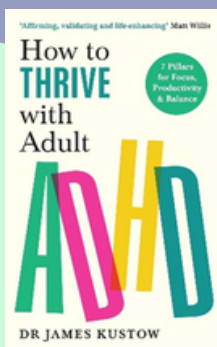
This 'ADHD Bible' includes over 550 episodes of helpful information, exercises and advice.

ADHD Experts Podcast

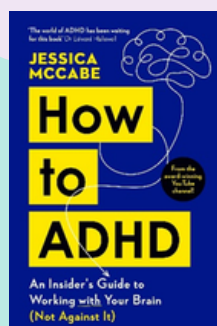
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Written by an ADHD Psychiatrist, this book leads you through a seven-pillar plan of small but powerful habit changes.



This book offers expert-backed guidance for adapting your environment, routine and systems to work with the ADHD brain.



The founder of LadBible speaks to experts in a bid to understand himself and improve outcomes for the neurodiverse population.



Written in bite-sized style for the ADHD brain, it outlines how we can all better understand and celebrate neurodivergence.

