



Dr. Ari Tuckman is a psychologist in private practice in West Chester, PA, specializing in the diagnosis and treatment of ADHD in children, teens, and adults. He is the author of *More Attention, Less Deficit: Success Strategies for Adults with ADHD*; *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians*; and *Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook*.

He is a frequent contributor to *ADDitude* and *Attention!*. You can subscribe to his free podcast, read more about his books, find out about upcoming presentations, and download articles and handouts at adultADHDbook.com.

He has given over two hundred presentations and routinely earns excellent reviews for his ability to make complex information understandable and useful. His driving goal in his writing and presenting is to provide science-based information to make people's lives better. He has appeared on CNN, National Public Radio, and XM/Sirius Radio and been quoted in *The New York Times*, *The Washington Post* and *The Boston Globe*, among others.

To learn more about Dr. Tuckman and his work, visit <http://adultADHDbook.com>.