



# **ADD and Your Money: A Guide to Personal Finance for Adults With Attention Deficit Disorder**

*Stephanie Moulton Sarkis, Karl Klein*

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# ADD and Your Money: A Guide to Personal Finance for Adults With Attention Deficit Disorder

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## **ADD and Your Money: A Guide to Personal Finance for Adults With Attention Deficit Disorder**

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When you have attention-deficit disorder (ADD), you don't spend money like most other people. Past-due bills and impulsive spending can throw your finances into turmoil, and because these financial pitfalls are directly related to your ADD symptoms, they can seem impossible to overcome.

The good news is that it is possible to get ADD-related financial disorganization under control and begin to enjoy a more stable relationship to your money. *ADD and Your Money* will show you how. This friendly guide, written with your ADD in mind, includes information on everything you need to know about managing your finances and staying in control.

With this book as your guide, you will learn to:

- Keep track of your bills
- Create a budget that works
- Get debt under control
- Find ADD-friendly bank services
- Plan around your splurges
- Make time-management a priority

If you're ready to start focusing on your future financial success, this book can help you start making lasting changes today.

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