Interrupted Hyperfocus

SIX BOOKS THAT CAN HELP

Books to explore ADHD, emotions and attention. These recommendations are not specifically about interrupted hyperfocus, but can help explain the challenges of stopping and restarting.

01

How to ADHD

Jessica McCabe

A welcoming, practical guide to understanding ADHD from the inside. It explains common challenges with starting, sustaining and finishing tasks, and offers ways to work with your attention rather than relying on willpower.

BEST FOR: For readers who want reassurance and realistic everyday strategies.

02

ADHD 2.0

Edward M. Hallowell & John J. Ratey

A short, accessible introduction to ADHD, attention and approaches to daily life. It discusses strengths as well as difficulties, with ideas for creating more supportive routines.

BEST FOR: For people wanting a brief overview, including partners and family members.

03

Your Brain’s Not Broken

Tamara Rosier

Explores the emotional side of ADHD, including frustration, overwhelm and self-criticism. Particularly relevant when being interrupted leads to an intense emotional reaction or difficulty settling again.

BEST FOR: For readers who want to understand their responses with more compassion.

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SIX BOOKS THAT CAN HELP

Further reading to support task transitions, organisation and regaining momentum after an interruption.

04

Taking Charge of Adult ADHD

Russell A. Barkley

A structured, research-informed guide to adult ADHD and its effects on planning, memory, organisation and self-management. It offers concrete strategies and external supports.

BEST FOR: For readers seeking clear explanations and practical tools to restart tasks after disruption.

05

ADD-Friendly Ways to Organize Your Life

Judith Kolberg & Kathleen Nadeau

Offers adaptable ways to manage clutter, time, paperwork and everyday systems without expecting perfect organisation. Its emphasis on making tasks easier to resume is useful after losing momentum.

BEST FOR: For readers whose surroundings or unfinished tasks make refocusing harder.

06

The Smart but Scattered Guide to Success

Peg Dawson & Richard Guare

Looks at executive skills such as task initiation, planning, time management and emotional control, with exercises to identify strengths and areas needing support.

BEST FOR: For readers who want to build a personal system for transitions and getting back on track.