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# DRIVEN TO DISTRACTION

Recognizing and Coping with  
**ATTENTION DEFICIT  
DISORDER**  
From Childhood Through Adulthood

THE ESSENTIAL REFERENCE THAT  
REVOLUTIONIZED OUR UNDERSTANDING OF ADHD  
NOW REVISED AND UPDATED

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AND JOHN J. RATEY, M.D.

Edward M. Hallowell M.D. and

# Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder



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Groundbreaking and comprehensive, *Driven to Distraction* is a lifeline to the approximately eighteen million Americans who are believed to possess ADHD, including high energy, intuitiveness, creativeness, and enthusiasm, both adults and kids— But most of all, they concentrate on the positives that may come with this “Hallowell and Ratey explore the assorted forms ADHD needs, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options and also tips for dealing with a diagnosed kid, partner, or family member. Through vivid stories and case histories of patients—disorder”— Now the bestselling book is revised and up to date with current medical details for a fresh generation searching for answers.



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Mostly Unrevised Do not buy the "updated and revised edition" — choose the cheaper edition from 1994 (if you want this book)." That book is worthless. Despite calling the disorder ADHD in the intro, he calls it ADD throughout the rest of the book. I've been experiencing ADHD since I was a kid and this book has really helped me through my college years. The study he describes is basically from the early nineties or before, regardless of the explosion of fresh ADHD research findings in the past 22 years (although there is updated medication info). She highlighted parts she believed sounded like me and also stated it helped her to understand better how my brain works. This book finally helped me understand what it was I was dealing with my entire life, (but didn't know it). I recall one child that was diagnosed as having it and everybody made fun of him and I was beneath the impression that it was an excuse. When I got to college I finally got true help and after my doctor suggested this book if you ask me I couldn't help but tear up a little whenever I read something that 100% explained me." to "oh, so that is why. It made so much sense. Pair this one with "You indicate I'm not really Lazy, stupid or crazy?" and you'll be in good shape. For heaven's sake avoid "Adult ADHD: How to Succeed as a Hunter in a Farmer's Globe. I was shocked to discover that aside from the 8-page introduction, next to nothing at all has been changed from the 1994 version. I eventually run out of steam and it took so much work to keep it choosing so long that whenever I ran out of steam, my motivation and willpower to do simply about anything went out the windows... Grant it, I did so read like 10 other books that week. It is easy to understand, interesting, and addresses topics that apply to both children and adults.." books are full of practical suggestions and move quickly at night idea that ADHD folks are miraculous etc. Most of us have strengths and weaknesses, but ADHD doesn't cause you to be miraculous as claimed in the "How exactly to succeed as a hunter... I'm so grateful to the authors of this book. A video game changer for those with ADD/ADHD specifically adults In the event that you or someone you love has ADD or ADHD this publication is crucial have. A great summary of everything you want to learn about ADD. Adhd I was too distracted it. I went from "what's wrong with me? Just buy "Delivered from Distraction" that one is a rehash of that one Mainly a rehash of the other "Distraction" books...I'm said to be in this manner." This allowed me to form structures in my life to control my ADD, and even exploit some of the classic Combine traits as assets (such as getting control of the capability to hyper concentrate for problem solving, rather than it managing me). Was recommended if you ask me by my Dr. It's what I've been looking for! I have struggled with Put for a very long time. I've known for awhile that I have it, but I had no idea just how much of my entire life it affected.. Searching back again, I understood that I am not defective, I'm just built differently. I had a lot of pain growing up and thought there was something wrong with me. I found a lot of healing within these pages. I have learned new methods to communicate with people, to approach complications, and even how to look back again on my life. Thank you SO much for the detailed descriptions that explain how ADHD affects ALL areas of lifestyle. Why couldn't I just get it collectively? Why was I angry so often? (One story was particularly illuminating--in which the therapist asks the guy WHY he has so much anger and he says it's from many years of built-up frustration. Simply purchase one - we like "Delivered from Distraction" the very best.) Why couldn't I stay motivated in school or work? Why am I therefore scattered and disorganized? I was born in 1980. If you ever thought you may have ADHD Good information for adults with ADHD Sail Highly recommended Nailed it! I found the stories of Put at different age groups very helpful, because I came across myself in them for each stage of lifestyle and the struggles I encountered. ADHD study was still in its infancy, and so my symptoms weren't recognized. Dr. As I got into adulthood, I remember seeing a

commercial for adult ADHD that put a name on what I was encountering, but still attempted to deny it was a problem. It has had wide-ranging effects on my entire life that I didn't also realize. Decent It had been a decent read Good Read for those with or close to someone with ADD My doctor had me read this ahead of being diagnosed. Developing up I didn't have much support and barely passed my classes. Thank you also for the case histories that I possibly could relate to and feel like I wasn't alone. I have rebuilt many bridges and mended friendships and also my family. This is simply not a made-up disorder. It's not laziness and cannot just be overcome by sheer willpower. I've attempted. The "Delivered from." reserve, which is utter nonsense. I'm so glad my doctor recommended me this reserve! I didn't even realize this is the response I was looking for, even though it was before my encounter for a long time. This resulted in many instances of depression, self-esteem issues, suicidal ideation, isolation, anger, and self recrimination. I have also reached out to numerous people that I fear I may have alienated in my past or hurt with my impulsive behavior. Excellent book and VERY highly recommended for sufferers of adult ADHD, or the ones that prefer to get in relationship with someone which has it. It sounds corny, but, this book put me on the path to a brand-new, better plus much more happy and effective me. I found therefore many answers that I have already been looking for for so long. Despite stating that ADHD affects men and women in equal figures in the intro, immediately after in the book he says that it impacts men 3 x more than women. I have found a new appreciation for my innovative ADHD brain and a method to approach awkward situations with humor therefore people can understand me better. I didn't know how to help myself. Hallowell stresses in his book how dramatically the disorder can negatively have an effect on one's existence and how important treatment is — yet he presents vastly outdated information and pretends it's new, performing a great disservice to ADHD victims like myself who would like to heal. I certainly recommend this to anyone who is suffering from ADHD.. Clinicians and patients will examine this inaccurate/unupdated information and not deliver or have the greatest treatment they could potentially have. So glad I got this reserve! Through this book, I have found that there surely is no shame in selecting to take medication or seeking out coaching or therapy. It was insightful. My wife actually finished it before I did and she said it was also very eye-opening on her behalf. This makes me angry as the author's grab for money in releasing an "updated" version of a book about a disorder that's hardly updated at all is unacceptable and negligent. It had been an eye opener for me personally, and my son." and "You mean. Gift Gift Great read, informative I found this book so filled with information, but not weighed down with too much medical chat.. Written in the event file style, it will provide valuable insight to what makes you tick.



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