

"[An] easy-to-read yet sophisticated guide to what will help you most if you have ADHD . . . A superb book."

—EDWARD HALLOWELL, coauthor of *Driven to Distraction*

FAST **MINDS**

**How to Thrive If
You Have ADHD
(Or Think You Might)**

**Craig Surman, M.D.
Tim Bilkey, M.D.
with Karen Weintraub**

Craig Surman

Fast Minds: How to Thrive If You Have ADHD (Or Think You Might)



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FAST MINDS is an acronym for common symptoms that are often seen in Interest Deficit Hyperactivity Disorder (ADHD). Scattered. Whether you have already been diagnosed with ADHD, think you may have it, or just exhibit a number of these traits, FAST MINDS will help you: Figure out what isn't to exist to the fullest, then your clinically proven, cutting-edge program in this book will help you understand your struggles and challenges.or someone you know— Achieving below potential. Stuck in a rut. Motivationally challenged. Create environments that support your problems. Novelty seeking. Distractible. An incredible number of adults possess ADHD or a few of its traits, but they are under-acknowledged, under-treated, and frequently under-supported. Period challenged.If any or many of these symptoms are making it difficult for you—Forgetful. By working through the program in this book, you will develop personalized strategies to take control of your life.This book empowers people who have ADHD, or some of its characteristics, to adapt and thrive.With inspiring stories of true individuals who have adapted and thrived using the methods in this publication, FAST MINDS will help you create the type of life you need to live. Build personalized strategies for managing your time and effort, tasks, and relationships. Learn organizational habits that work for you. Stop communicating poorly, making impulsive options and taking pointless dangers. Eliminate negative considering patterns that waste materials your mental energy. Impulsive. Make the most of both medical and non-medical resources (medication, training, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change).t working in your daily life, and the keys to fixing it.



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Taming your distracted brain - with proven, pragmatic techniques I was diagnosed several years ago with adult ADHD and tried various medications to help focus both my lifestyle and my life generally. The side ramifications of Adderall and identical drugs were not worthwhile. This book is different. In many methods, my life is moving me by while I reside in a whirl of distractions and impulsive actions. I was able to acquire a progress copy of this book (I am a book dealer) and was just taken aback by what the title - an acronym - translates to: FAST: Forgetful. Attaining below potential. To see them in this manner - your life described within an acronym - was, nevertheless, startling. An ADHD mind is like a crazy pony in lots of ways and this one technique alone appears to help tame that pony. MINDS: Motivationally challenged. At the same time, I've heard of a lot of people who have done really well on medicine. Novelty seeking. I highly recommend this book. Scattered. That is distracting. And. Each and every letter." I vaguely remembered the symptoms of ADD/ADHD nonetheless it has been years since I got learned what they were. Stuck in a rut. The actual fact that I read an entire 350-page book in the course of several days is actually the highest praise I could give (99% of books are never even half-finished in my own world). The authors are engaging and you immediately know that THEY know what your life is like and the problems you have (as opposed to a dry 'How to fix your ADHD' textbook). Some self-help authors possess a novel "essential" that they've "found out" to "cure" your problem, these authors offer multiple pragmatic remedies and approaches for you to choose, all predicated on the most recent studies of ADHD patients. T. Some techniques seem overly simple, but in the small practice I've had, seem quite effective: trying to simply control your thinking patterns, for instance. Time challenged. Now I can embrace this component of myself and incorporate some coping strategies. There are dozens more. Does have good info though Five Stars You need this tool for your challenge Two Stars Not enough info for those who have hyper activity . If your life is anything like mine (F. AWESOME I must say I am enjoying this book. S. This is an intensive, comprehensive guide to assist you, not a short overview of ADHD nor a gimmicky pop psychology reserve. M.. It's an excellent range knowing the difference. Worthwhile Read My favorite "how to live with ADHD" publication. S. I have started meditating and I think it is helping. The Kindle doesn't have a way to transformation this, it's a publisher placing. D. It's more up-to-date than numerous others out there, hence one can depend on the technology.. rather, the authors believe the reader's intelligence. It is also nice for the reason that, as a girl, it doesn't assume the individual with ADHD is certainly a man who has a wife magically producing his dental professional appointments and arranging his socks. for the all the moms out there reading this because their kids own it (and will continue to have it) don't go easy on your kid for having it. It includes a lot of tips and I experience it really touches on all the issues that are participating with this disorder and actually makes it simple to understand. No surprise, I'm packed with this.. Highly suggest to all or any of you who want to understand what some could conveniently call a curse. Browse, reflect, keep in mind. Whether you have it, think you own it, or are trying to understand someone else who has it (or thinks they do)... I highly recommend this book for those who even those people who are curious to learn a little about it even if you yourself don't have the symptoms of ADHD or know somebody that does it's a great informative read. read this thus you're both on a single page and nobody feels as though the idiot they believe they are occasionally. Exactly...I. Read this. However, my life continues to become a mass of a thousand interests, hundreds of unfinished programs and projects, hyperfocusing on the distraction of your day while ignoring matters of import in my life, etcetera. Very enlightening, to-the-point, easy to understand book. Further, and moreover,

it includes useful, pragmatic approaches to combating the day-to-day mishegoss of ADHD that are neither cheerleadery nor paternalistic; only go easy in him if he's beating himself up for what he can't understand on the subject of himself. We are perfectionists, or at least I was, and we are beating our heads against the wall constantly trying to perform as we know we should/can....and we don't. We are in need of structure. I needed this reserve and didn't own it until my 30's. Think just how much better you will feel when you have it for someone earlier and can actually use it before they surface finish college and wonder if they are crazy or not really comparing themselves against kids with twice the concentration and half the intelligence. :) Some good advice and some reassuring stories I like this book because it has a lot of good information on coping with the problems with ADHD and it was comforting to learn the stories of individuals with the same problems. This book, above all others, helped me comprehend things. The undiscovered "me"! Just what I was looking for! let no one let you know differently. Good luck. ADHD kids are intelligent. I think there may be too much focus on medication. I highly encourage you to learn this reserve. Impulsive. The stories also helped me recognize some of my very own weaknesses that I had under no circumstances noticed before. I've researched a ton on the subject and never quite thought a book would be useful since now there is so a lot of the same information available online. It's the best book I've read yet on adult ADHD. A. Much better than some of Hallowells' books. It offers helpful tips for those who aren't ADHD when coping with somebody who is. Distractible. There's no one book that's going to have all the answers, but this book was definitely an excellent one. I live a fairly comfortable existence, so although I could see the complications my "condition" triggered, they weren't debilitating to the point of that they absolutely had to be dealt with. It will go beyond the analysis and helps with the actual self-treatment process.!! Hard to read Not an extremely reader friendly book. I have struggled for years racking your brains on what was different about just how I see the globe and function. Right now I am aware. Never realized there was a different interpretation of the hyperactivity component of ADHD, specifically for females. Another technique I enjoyed was organizational behaviors for the ADHD mind.. I highly recommend this one! Cover more interest deficit issues. Both of us thoroughly liked reading it and discovered a lot from it.. Excellent book! There exists a steady inspirational tone through the entire book, with success stories of individuals whose lives were changed with these techniques. Highly Recommend This One I ordered this book for myself and dear friend who has been fighting ADD for several years. Five Stars Thanks Just what I was looking for!. The ebook version of the book is published with full ... The ebook version of the book is published with full justification instead of left-aligned/ragged right (what you normally find in print books). My reaction: "Wow, this is my existence. While there is absolutely no assurance that you (or I) will remain focused long plenty of to allow these ways to work, it is pretty much a certainty our lives won't transform if we don't give it a try. Explaining ADD, especially non hyperactive Excellent insight! Four Stars Good.



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