

THE NATIONAL BESTSELLER

# Driven to Distraction

Recognizing and Coping with  
*Attention Deficit Disorder*  
from Childhood through Adulthood

"A very readable, highly informative and helpful book."

—*The New York Times Book Review*



Edward M. Hallowell, M.D.,  
and John J. Ratey, M.D.

Edward M. Hallowell and

# Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood



[continue reading](#)

Through vivid stories of the experiences of their patients (both adults and children), Drs. Hallowell and Ratey present the varied forms Put requires -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming effect of precise diagnosis and treatment.



[continue reading](#)

Mostly Unrevised Do not buy the "updated and revised edition" — choose the cheaper edition from 1994 (if you would like this book). I was shocked to discover that apart from the 8-page introduction, next to nothing at all has been changed from the 1994 version. I didn't know how to help myself. Despite saying that ADHD affects women and men in equal figures in the intro, immediately after in the book he says that it affects men three times a lot more than females. Hallowell stresses in his publication how dramatically the disorder can negatively influence one's lifestyle and how essential treatment is — however he presents vastly outdated information and pretends it's new, doing a great disservice to ADHD victims like myself who would like to heal. I went from "what is incorrect with me?) Why couldn't I stay motivated in school or function? Dr. The study he describes is largely from the first nineties or before, despite the explosion of new ADHD research findings in the past 22 years (although there is updated medication info). Simply buy "Delivered from Distraction" that one is a rehash of this one Mostly a rehash of the other "Distraction" books. Simply buy one - we like "Delivered from Distraction" the best. Why couldn't I just get it together? As I got into adulthood, I recall seeing a commercial for adult ADHD that put a name on what I was encountering, but still attempted to deny it was a problem. For heaven's sake prevent "Adult ADHD: How exactly to Succeed as a Hunter in a Farmer's World." That book is ineffective. The "Delivered from. Developing up I didn't have very much support and barely approved my classes.. I've been suffering from ADHD since I was a kid and this book has actually helped me through my university years..I had a lot of pain growing up and idea there was something very wrong with me." to "oh, so that is why. We all have strengths and weaknesses, but ADHD doesn't make you miraculous as claimed in the "How to succeed as a hunter. Excellent book and incredibly highly recommended for sufferers of adult ADHD, or the ones that prefer to get in relationship with somebody that has it. It isn't laziness and cannot you need to be overcome by sheer willpower." reserve, which is utter non-sense. A video game changer for all those with ADD/ADHD especially adults If you or someone you like has ADD or ADHD this reserve is a must have. Written in case file style, it'll provide valuable insight from what makes you tick. It had been an eyesight opener for me, and my child.This makes me angry because the author's grab for the money in releasing an "updated" version of a book in regards to a disorder that is hardly updated at all is unacceptable and negligent." books are full of practical information and move quickly at night idea that ADHD folks are miraculous etc...I'm supposed to be in this manner." This allowed me to form structures in my own life to manage my ADD, and actually exploit some of the classic Combine traits as assets (such as attaining control of the capability to hyper focus for problem solving, rather than it controlling me). Why am I therefore scattered and disorganized? When I got to college I finally got real help and after my doctor suggested this book if you ask me I couldn't help but tear up just a little whenever I read something that 100% described me. I have struggled with ADD 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. I came across the stories of ADD at different age range very helpful, because I found myself in them for every stage of lifestyle and the struggles I encountered. Through this book, I have found that there surely is no shame in choosing to take medication or searching for coaching or therapy. I have learned new ways to communicate with people, to approach problems, and even how exactly to look back on my entire life. I found a whole lot of recovery within these pages.. This led to many instances of depression, self-esteem problems, suicidal ideation, isolation, anger, and self recrimination. Set this one with "You mean I'm not really Lazy, stupid or crazy?This is not a made-up disorder. (one story was particularly illuminating--in which the therapist asks the man WHY he has so much anger and he says it's from a long time of built-up

frustration. It made so much feeling. Clinicians and patients will read this inaccurate/unupdated information and not deliver or receive the best treatment they could potentially have. Was suggested if you ask me by my Dr.I was born in 1980.Thank you SO much meant for the detailed descriptions that explain how ADHD affects Every area of life..ADHD research was still in its infancy, therefore my symptoms weren't recognized. I recall one child that was diagnosed as having it and everybody produced fun of him and I was under the impression that it had been an excuse." and you'll be who is fit. I definitely recommend this to anyone who's suffering from ADHD. Looking back, I realized that I am not really defective, I'm simply built differently. I've also reached out to many people that I fear I might possess alienated in my past or hurt with my impulsive behavior. I've found a new appreciation for my innovative ADHD brain and a method to approach awkward circumstances with humor so people can understand me better. I've rebuilt many bridges and mended friendships and even my family. Why was I angry frequently?. I've tried. I ultimately run out of steam and it got so much effort to keep it going for so long that whenever I ran away of steam, my inspiration and willpower to do just about anything went the window. I came across therefore many answers that I have already been looking for for such a long time. I'm so grateful to the authors of this book. I didn't even realize this is the reply I was searching for, though it was in front of my face for a long time.. Thank you also for the case histories that I possibly could relate to and feel like I wasn't alone.. So glad I acquired this book! I'm so pleased my doctor recommended me this reserve!" and "You mean..Despite calling the disorder ADHD in the intro, he phone calls it ADD throughout the rest of the book. It's what I am looking for! This has had wide-ranging results on my entire life that I didn't also realize.



[continue reading](#)

download free Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood fb2

download Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood epub

[download Feed Me I'm Yours: Baby Food Made Easy fb2](#)

[download free Dare To Be 100: 99 Steps To A Long, Healthy Life djvu](#)

[download Notes from a Friend: A Quick and Simple Guide to Taking Charge of Your Life fb2](#)