

You Mean I'm Not Lazy, Stupid or Crazy?!

**Now
Updated**

**The Classic Self-Help
Book for Adults with
Attention Deficit Disorder**

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and Peggy Ramundo**

Kate Kelly

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for
Adults with Attention Deficit Disorder



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With over 25 million copies on the net, *You Mean I'm Not Lazy, Stupid or Crazy?! But what now ? if you have ADHD and aren't a child anymore?* There exists a great deal of literature about kids with ADHD. *It's Not Just You, It's Your Brain* is among the bestselling books on attention deficit disorder (ADHD) ever written. In addition, it explains the diagnostic procedure that distinguishes ADHD symptoms from normal lapses in memory, lack of focus or impulsive behavior. This essential reference -- the first of its kind created for adults with ADHD by adults with ADHD -- focuses on the encounters of adults, offering up to date details, practical how-tos and moral support to help readers deal with ADHD. Here's what's brand-new: The new medications and their performance The effects of ADHD on human sexuality The variations between male and feminine ADHD -- including falling estrogen levels and its impact on cognitive function The power of meditation How to go forward with training And the publication still includes advice about: Achieving balance by examining one's strengths and weaknesses Obtaining along in groups, at the job and in intimate and family relationships -- including how exactly to reduce discord and chaos Learning the mechanics and methods for getting organized and enhancing memory Seeking professional help, including therapy and medication



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Written by someone with ADD I don't like to dump around someone's effort, but I felt the necessity to write a review to help other ADDers. This publication has hardly any structure, jumps from topic to topic and does not flesh out sound suggestions or give a plan.. I hope I can use some of the methods suggested to feel "even more in control" & Just lately diagnosed as a grown-up, I'm reading every reserve I can find on this issue. My favorite so far is *Delivered from Distraction* by Hallowell and it provides a apparent 8 step plan. Go through *Lazy Stupid Crazy* if you want more information, but don't let this be the only book that guides you upon this path. If you're told you're lazy, stupid, or crazy often enough - you can begin to trust it.) Just started reading this, but like it already! I'm a grown-up with Combine who wasn't diagnosed until my 20s, and being admonished for behaviors (I see as Insert related in hindsight) for years really did a number on my self esteem.. Lauren Williams, Certified Professional Organizer, Owner, Casual Uncluttering LLC, Woodinville, WA, USA This is actually the best ADHD book I've read up to now This is actually the best ADHD book I've read so far. It can be used as a reference book but also lends itself to getting browse cover to cover as time passes, and the reader can refer to it as a useful reference. First rung on the ladder to actually coping with this is recognizing exactly how it impacts me. *Powered to distraction* is fantastic and explains a whole lot about ADHD but this publication was a bit more on the. Why is it so valuable may be the reality that it's compiled by two females who are themselves ADD-abled and who are now life coaches for those living with such differences. Lots of notes in the columns that say "yes this is me" and "yes this works" while reading this. Written with Sympathy Anyone who also thinks s/he offers ADD/ADHD, anyone who have knows s/he has Put/ADHD, and anyone who is close, personally or professionally, with anyone who has Put/ADHD can reap the benefits of this book. It is one of the most helpful books on the market written designed for the individual coping with ADHD. This book is great for helping make you alert to how others views of your Combine symptoms make a difference you. Likewise have it on Kindle though I would recommend purchasing the paperback as well. the publication sensed incomplete and cursory. Good book if you need to feel better, but no tangible information.. this is one way it feels, for this reason it does what it does and this is how it makes you and everybody else frustrated. The whole book is like a pat on the back, just someone letting you know that everything is alright and you're not alone. Most of the anecdotes focus on "perhaps you have ever noticed" and end with "we wouldn't be surprised if this was true too". It includes some good coping strategies, but no evidence that any of them work apart from their own anecdotal proof. There are several doctors on youtube who talk about ADD and I think their videos certainly are a much better resource than this publication. I'm sure that this book would offer a great benefit for a lot of, but it surely wasn't what I was expecting or looking for. therapist dealing with many adults with ADHD I recommend this book As a therapist working with many adults with ADHD I recommend this book. It's a great first step to understanding the possible symptoms and ramifications of the disorder. It's an excellent first rung on the ladder to admitting you may be suffering from the disorder. It's a map for getting help and assisting yourself.. And it's real - these females aren't usually waving pom-poms, declaring the work you need to do, the challenges you face, are not really a big offer. They admit the procedure of learning to truly live with Add more/ADHD could be frightening and hard. The Title says everything! Another reviewer remarked that the medical sections are outdated. That is clearly a very practical and true observation. However the general stage that someone with Put/ADHD shouldn't automatically reject medication is non-etheless valid. I didn't understand any better, and neither do the adults correcting what they saw as my "poor" or lazy behavior. I was hoping for something more "proven", if which makes sense. It was overall a letdown after hearing Sari

Solden's unabridged *Women with ADD*, that was far more comprehensive, up-to-date, comprehensive, and accommodating of diverse ADHD experiences, and which referenced the very best parts of this book anyway. I actually was recommended this publication by my therapist. After that it gives a couple of little and big ways of shape out how you think and how to use your own brain rather than fighting it.. But they are convincing that the struggle is certainly worthwhile. WOW! It's a comfort to know that other people HATE the overwhelming task of deciding what to cook for dinner.. It's like the authors have been spying on my life & It may not give a "program", but it is very much worth reading There is indeed much valuable details in this book. And it's so outdated, it hard to use to modern life in 2016. to give up beating myself up. Meh I actually purchased the audible audiobook not really realizing it had been abridged. Recommend it! And the ones I've trained with to had been beyond grateful to become understood also to be given "equipment" to create their lives easier. Most helpful of all is to learn that the loved ones who have it aren't "just not trying hard more than enough", rude/irritable, scattered, ditsy. Also, realizing that b/c something is indeed frightening to me, it isn't uncommon to totally shutdown and perform nothing. The anecdotes, tips and real world examples speak to the title of the book. Frequently we come to understand that people are "lazy", "stupid" or "crazy", it's refreshing to learn something with an intended purpose to make it obvious to us these labels do not define us. The reduced ratings are based on what some believed this book will be, not what it is. Eye-opening. That's unfortunate and unfair to the potential reader and to the writers. ADHD Updated version There is not right way to read this ; Wonderful book. Love the actual fact that they know that sometimes you leap around on reading books, plus they say it ideal in the beginning. It's basically paragraphs of antidotes and tips interspersed with "real life" examples and cheesy clip art. all of the struggles I proceed through every day!"we know a lot of you readers are not in fact readers at all. Of course, you know how to read and Ken read, but also for many ADDers Reading is just not fun... We put this book and an easy to read font and broke it up with charts headers in cartoons because we knew that you will be an audience would want a break while reading all that text message, don't make a chore out of reading this book there is absolutely no right method, you can read it in chunks in the toilet on breaks are actually read it backwards... As they say in AA : take what you like and keep the others. This book managed to get clear. Most readily useful in layman's language Most likely doesn't make having or understanding ADD any kind of easier, yet certainly shows what could be expected with this diagnosis. You can tell; With the paperback it is better to use when attempting to refer to different parts of the book quickly.. If you really need romantic relationship help, this book may be useful to check out in its unabridged type (though it shouldn't end up being your only resource). The life balance exercise was pretty useful, but was the most useful point I required from it.y connection with the abridged audiobook was that it wasnt as useful or foundational as I might have expected. Dyslexia Questions Answered Dyslexia answers to queries I didn't find out I had. Eye-starting. First step to really dealing with this is .. Hence the name of this book. I have no doubt that people are reading a few of these evaluations and turning from this publication. That if you're informed you're lazy, stupid, or crazy often plenty of - you can start to trust it. " not the right approach not the right approach Five Stars GREAT READ FOR ALL THOSE STRUGGLING WWITH ADHA - THERAPIST RECOMMENDATION!



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