

AUDIO

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# 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.  
Read by Edward M. Hallowell, M.D.

Edward M. Hallowell M.D. and

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



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THE NATIONAL Sound BESTSELLER Procrastination. Disorganization. Driven to Distraction is crucial listen for everyone intrigued by the workings of the individual mind. Through vivid tales of the encounters of their patients -- both adults and kids -- Dr. But for many, these and other problems in school, at the job and in social relationships are actually symptoms of an inborn neurological problem: ADD, or Interest Deficit Disorder. An incredible number of adults have lengthy regarded these the hallmarks of too little self-self-discipline. Edward R. Hallowell and Dr. Ratey show the varied forms Put requires -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming influence of precise medical diagnosis and treatment. John J. Distractibility.



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Mostly Unrevised Do not buy the "up to date and revised edition" — choose the cheaper edition from 1994 (if you would like this reserve). It made so much sense. Despite calling the disorder ADHD in the intro, he calls it Insert throughout the remaining publication. Despite saying that ADHD affects women and men in equal quantities in the intro, immediately after in the book he says that it impacts men three times more than ladies. (one story was especially illuminating--in which the therapist asks the guy WHY he has so much anger and he says it's from a long time of built-up frustration. I had a whole lot of pain developing up and idea there was something wrong with me. I've been experiencing ADHD since I was a youngster and this book has actually helped me through my university years. It sounds corny, but, this reserve put me in relation to a fresh, better and much more happy and successful me. Hallowell stresses in his publication how dramatically the disorder can negatively influence one's life and how essential treatment is — yet he presents vastly outdated details and pretends it's brand-new, performing a great disservice to ADHD sufferers like myself who wish to heal. Simply buy "Delivered from Distraction" that one is a rehash of that one Mostly a rehash of the other "Distraction" books. Simply buy one - we like "Delivered from Distraction" the very best. I've learned new ways to communicate with people, to approach problems, and even how to look back again on my life. It's not laziness and cannot just be overcome by pure willpower. For heaven's sake avoid "Adult ADHD: How to Succeed as a Hunter in a Farmer's World. I found the stories of Add more at different age groups very helpful, because I found myself in them for every stage of existence and the struggles I encountered. The "Delivered from....." books are filled with practical suggestions and move quickly at night idea that ADHD people are miraculous etc. When I got eventually to university I finally got genuine help and after my doctor suggested this book to me I couldn't help but tear up a little whenever I read something that 100% referred to me... I have found a fresh appreciation for my innovative ADHD mind and a method to approach awkward circumstances with humor therefore people can understand me better. A video game changer for those with ADD/ADHD especially adults In the event that you or someone you love has ADD or ADHD this reserve is crucial have. Written in case file style, it'll provide valuable insight to what makes you tick. It was an eyes opener for me personally, and my boy. She highlighted parts she believed sounded like me and even stated it helped her to realize better how my mind works. ADHD study was still in its infancy, and so my symptoms weren't recognized...I'm supposed to be this way. Was recommended to me by my Dr." This allowed me to create structures in my own life to control my ADD, and actually exploit some of the classic ADD traits as assets (such as getting control of the capability to hyper focus for problem solving, rather than it controlling me). It's what I am looking for! This is not a made-up disorder. I didn't know how to help myself." That publication is useless. I was created in 1980. Pair that one with "You indicate I'm not really Lazy, stupid or crazy? I found a lot of recovery within these pages. This makes me angry because the author's grab for money in releasing an "updated" version of a book in regards to a disorder that is hardly updated at all is unacceptable and negligent. This resulted in many cases of depression, self-esteem issues, suicidal ideation, isolation, anger, and self recrimination. Why couldn't I simply get it collectively? Why was I angry frequently? The research he describes is largely from the first nineties or before, regardless of the explosion of new ADHD research findings previously 22 years (although there is updated medication information). I was shocked to find that aside from the 8-page introduction, next to nothing has been changed from the 1994 version.) Why couldn't I stay motivated in school or function? Why am I so scattered and disorganized? Looking back, I noticed that I am not really defective, I'm just built differently."

and "You mean. This has had wide-ranging effects on my entire life that I didn't also realize." to "oh, so that's why. I recall one kid that was diagnosed as having it and everybody produced fun of him and I was beneath the impression that it had been an excuse. It is easy to understand, interesting, and covers topics that connect with both children and adults.. Through this book, I have found that there surely is no shame in choosing to take medicine or seeking out coaching or therapy." publication, which is utter non-sense. I've also reached out to numerous people that I fear I may have alienated in my past or harm with my impulsive behavior. My wife actually finished it before I did so and she said it was also very eye-opening on her behalf. I have struggled with Add more for a long time." and you'll be who is fit. I've tried. I'm so glad my doctor recommended me this publication! I'm so grateful to the authors of the book. I found therefore many answers that I have been looking for for so long. I didn't also realize this was the solution I was looking for, though it was in front of my face for a very long time. Thank you SO much for the detailed descriptions that describe how ADHD affects Every area of life. Thank you also for the case histories that I could relate to and feel like I wasn't alone. Growing up I didn't have much support and barely passed my classes. So glad I acquired this book! I ultimately go out of steam and it took so much effort to keep it choosing so long that when I ran away of steam, my inspiration and willpower to accomplish just about anything went out the screen. Clinicians and sufferers will go through this inaccurate/unupdated information and not deliver or have the best treatment they may potentially have. Excellent publication and VERY highly recommended for sufferers of adult ADHD, or those that choose to be in relationship with somebody that has it. I have known for awhile that I have it, but I got no idea how much of my entire life it affected. We all possess strengths and weaknesses, but ADHD doesn't cause you to miraculous as claimed in the "How to be successful as a hunter. I certainly recommend this to anyone who is suffering from ADHD. If you ever thought you might have ADHD Great information for adults with ADHD Sail Highly recommended Nailed it! This book finally helped me know very well what it had been I was coping with my entire life, (but didn't know it). Dr. Decent It had been a decent read Good Read for all those with or near someone with ADD My doctor had me read this ahead of being diagnosed. It had been insightful. I've rebuilt many bridges and mended friendships and even my family. I went from "what's wrong with me? Adhd We was too distracted it. Grant it, I did so read like 10 various other books that week. Gift Gift Great read, informative I came across this book so full of information, however, not weighed straight down with too much medical chat. As I got into adulthood, I remember seeing a industrial for adult ADHD that put a name on what I was encountering, but still attempted to deny it had been a problem. A great overview of all you need to know about ADD.



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