



# **FOCUSED** *forward*

NAVIGATING  
*the storms of*  
Adult ADHD

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## **Focused Forward: Navigating the Storms of Adult ADHD**



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Living with adult ADHD can easily feel like you're in a constant battle with your brain. Every day, you need to fight in which to stay control, to meet up your obligations, to not screw up – forget in fact living up to your potential. He helps readers identify, manage and alleviate symptoms of a PTSD-like condition he calls the Psychological Distress Syndrome, with useful, proven suggestions including: • Understanding the hyperlink between ADHD and psychological distress • What Psychological Distress Syndrome (“EDS”) feels as though • How to construct an Psychological Safe Place • How exactly to recruit your personal Mental Support Group • Eight essential tools to help you cope • And even more... With wisdom, humor, and plenty of (sometimes unpleasant) empathy, Focused Forward will help adults with ADHD move past the discomfort and shame toward a future full of possibility, balance and pleasure. Ochoa, LPC goes beyond the administration and scheduling methods most ADHD books concentrate on to deal with what actually holds therefore many ADHD-ers back again – the psychological fallout of ADHD. In Concentrated Forwards: Navigating the Storms of Adult ADHD, author and self—proclaimed “ADHD-er” James M. But what you might not find out about, and what's even more damaging, may be the constant, corrosive emotional stress of a lifetime spent wanting to know what the hell is definitely wrong with you.



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There aren't enough words expressing my love because of this book There are not enough words expressing my love because of this book.and the accumulated stress and anxiety that produces), you're not going to obtain very far with anything else. It was the missing puzzle piece that finally made my life start making sense.e. Skeptical initially, I shortly realized that it produced a HUGE difference in the way my human brain functioned, it in fact started functioning like I'd needed it to my entire life!! Problem solved, right?This book offers real solutions to help adults cope with the emotional conditions that could possibly be the most pernicious facet of this otherwise kind-of-wonderful way of being..!Wrong. As some with Combine understand, and I quickly recognized, there is absolutely no "Fix" to Combine. I will forever be thankful for the recommendation. I struggled for a number of months, going from elated back to frustrated. After all, I was diagnosed, I was on medication, wasn't life just supposed to "click" now?In February 2016, someone suggested I read "Focused Forward" by James Ochoa. At the time, I had many books: How exactly to Clean Your House, How exactly to Organize, How to How to How exactly to..!". It simply IS.As an adult with ADD, reading is hit or miss. I possibly could stop comparing myself to everyone else, I could end believing I was lazy and difficulty. If it's less so, I struggle and frequently put it down to never be found again. So, probably the most important tools in our ADD tool upper body, I made a strategy. I enjoy write, nothing specific, simply pen exceeding paper.), but the stuff I gleaned from this book are priceless..I begun to see Me personally!what better method to keep me (relatively) interested than to take notes as I browse "Focused Forward".While I didn't browse the book in just a matter of times, actually just finished it initially of May 2016, I was drawn each day to pick it up. Some mornings (my designated time for this reserve), I didn't desire to place it down! So, I believed "Hey, what's one more book? "What's next? Good summary of adult ADHD It gives a general overview of adult ADHD and which strategies which you can use to handle it.", I just HAD to find out! Every time I go through it, I took apart something I could DO..... For those that can't afford therapy, or avoid therapy because of your scenario, GET. I simply wish I got gotten the physical publication instead of the sound. The me that may be successful! You will not be sorry. Whether it's a Great reserve, I'm hyper concentrated and go through it in a matter of times., how you seem to magically blow up your daily life every so often with mystifyingly inexplicable behavior and mistakes.Twelve web pages of notes later, when I read the last sentence, I simply sat and smiled. Get the paper reserve, and save yourself the frustration..!", I thought, no, I REALLY BELIEVE. Family have ADHD-want make-up and behaviors; What it DID perform, was show me I'm not really Broken!! It offered me things I never also began to consider as methods to manage the "storms" of ADD.This book will probably be worth every penny. I already have spent much more in chat therapy (which helps tremendously!! It's soothing. The awesome ME I really was! Talk about a storm!Reserve. The me that decided I need not be ideal at everything, or anything, the decision was mine to create. Along comes James and Concentrated Forward. The Missing Manual for the Emotional Side of Adult ADHD Discovering you possess ADHD as a grown-up is at once incredibly relieving and completely disorienting. It is the mom of diagnoses-- today everything is practical, but you do not know what to perform about it. This is the best way I could describe the difference between me pre Focused Forward and post Focused Forward: I had a really rough morning today. A couple of months later, I began medicine. I could FINALLY you need to be me and understand that was perfectly OK and acceptable!. A suggestion, a tool, a strategy, an idea, an understanding.I was diagnosed in August 2015 (at the age of 44) with ADD.? I had spent my entire life knowing I was smart but I simply couldn't appear to put all the ..? I was identified as having ADHD following the birth of my second kid when I was 35. I got spent my life knowing I was wise but I simply couldn't seem to put all the pieces together and spent so much time wondering what was incorrect with me. I couldn't discover my car keys, my glasses, the TV remote, my (fill in the blank) and every time I couldn't discover said object I sensed like more and more like a failure. I kept asking myself: what is wrong with me? That is so simple, why can't I just do this and get it over with. IT'LL change you. I admit, I was skeptical at first: Emotional Safe Place? Boy was I wrong! Isn't this stuff that I

was supposed to possess gotten over when I became a grown-up? Mental Support Group? Well, as it happens that unless you deal with the emotional disruption of ADHD (i. I believe now there are two different visitors too, which is strange because it's not really fiction with multiple characters. By enough time we reach school (on time, which is uncommon), I'm dealing with my child to get him in a space to be his best that day time. THIS. Finally everyone is prepared and I'm back in the car heading to function, and I reach over to my backpack to grab my ADHD meds (they really work for me) only to recognize that I've shut among the straps in the passenger door not to mention my backpack was unzipped and today everything in there is falling on to the passenger chair. This is actually the moment. This reserve came strongly suggested, and I am thankful to have got found it, because I need the information within it. thrival that therefore many of us deal with, and that is why Focused Forwards and the techniques James Ochoa has organized are so powerful. Useful for adults with ADD Excellt education Book It's helped me a lot Great book!! But it is not an extremely detailed/ technical publication and what it does is really to talk about few useful strategies and bring in techniques. Do not expect miracles from it. Family members have ADHD-like make-up and behaviors; Five Stars great item!. The narration is quite frustrating because they browse the bullet points, and parentheses, and even though mentioning a "YA novel" the narrator in fact says "yah" rather than "why aye". Similar to the diagnosis and medicine didn't fix me, this reserve didn't "repair" me either. this look at of the problem seems worth paying "interest" to although the anecdotal character of the experiences may be untrustworthy of such generalizations. Great content - frustrating narration The content and study in this book have become helpful and encouraging.. I have t even been able to finish it yet, because I'll be listening, and the wonky reading gets so frustrating I must turn it off. My 6 year old son (also ADHD) experienced a meltdown over what he was having for breakfast, while my 9 year old child (also ADHD - yes the house is in a constant state of chaos) needed to be reminded to to get her glasses, switch off the lighting, etc. I start to fall into an old design of shame and guilt and failure, but instead I said to myself "Well, this has been an interesting morning, I didn't expect this when I woke up today" It's that survival vs. Not the failing, not the scatter mind dumb blonde. Even better, I wish the writer would have the audio re-documented and in addition make some printables of some of the lists. As somebody with ADHD, audiobooks are my greatest friend, but this one is counter effective. "I'm going to make it! Thank You! Thanks for guiding me personally to a location of peace with my human brain! Comprehensive resource about a frequently- overlooked ADHD subject! That is your "go-to" roadmap for managing the overwhelm of ADHD-triggered emotional storms, written by a genuine professional who speaks from his own experience and the ones of his clients. Rock on!!! this view .!



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