

Discover innovative strategies for managing schedules, appointments, and more

Find out how new technologies can work for you, not against you

NEW EDITION  
REVISED AND  
UPDATED

# ORGANIZING SOLUTIONS FOR PEOPLE WITH **ADHD**

Tips and Tools to Help You Take Charge of Your Life and Get Organized

Manage clutter, streamline paperwork, and stop forgetting things

Learn effective new tactics for saving time and meeting deadlines on time

Stay on track with tips, tricks, and photos to guide you

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Author of *The First and Furthest*  
*Executive Organizing Solution*

*Susan Pinsky*

**Organizing Solutions for People with ADHD, 2nd Edition-  
Revised and Updated: Tips and Tools to Help You Take  
Charge of Your Life and Get Organized**



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Organizing Solutions for those who have ADD, 2nd Edition Four out of every five adults do not even know they have Insert. This revised and updated version also contains tips and techniques for keeping your latest technologies in order and for remaining green and recycling easily. Attention Deficit Disorder (Increase) and Attention Deficit Hyperactivity Disorder (ADHD) are prevalent in society today, afflicting about 4. Obtain your life to be able with this witty and sympathetic guidebook to organization. over 13 million Americans. outlines new organizing strategies which will be of value to anyone who wants to enhance their organizational The chapters, organized by the type of room or job, consist of practical organizing solutions for folks living with Increase: At the job: prioritizing, time administration, and organizing documents At house: paying bills promptly, decluttering your home, scheduling and keeping appointments With kids: driving them to various actions, grocery shopping and meals, laundry, babysitters, organizing drawers and closets And you: organizing time for your social existence, gym, and various various other hobbies and activities Color photographs that capture the brief attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with Increase, providing many organizational tips, such seeing that the significance of dividing time into minutes or moments, task completion, how to prevent procrastination, requesting help, and how never to be considered a pack rat. 4% of the adult human population—skills.



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I am aware it, and Mrs. Shifting day was a more pleasant knowledge after throwing out probably a third of the items we own- issues we didn't even want.. Plenty of them.No, the author does not have ADHD, but she totally gets us.This one of both books that I keep referring back again to (the other is Your Life Can Be Better, using strategies for ADD/ADHD by Douglas Puryear--just one tip in Puryear's book has saved me personally about 100 hours this season). And, as I stated, Pinsky's is the ONLY useful book I've read about how to handle paperwork & office corporation, which is the bane of my existence. I now know that I can discover everything in my kitchen, the lid to every tupperware container, and each and every item in my own closet fits and looks great- how awesome is that? I was simply afraid that I'd drop something, as I usually had in the past. I've since gone with the basket strategy, and it's working just fine. Try it--come to the Dark Side. Ms..you'll never get back to (not) filing/stacking your papers almost everywhere because you are loathe to file them, again!Theory is fine, but I'm tired of wasting my time reading literally a large number of books in the last 15 months that explain as to why I'm like We am (I've ADHD) but that don't provide practical, actionable things that I could do to bypass my ADHD roadblocks. I've implemented a lot of her recommendations, and I keep referring back again to the book and implementing more. It's almost a great deal to digest at once. (Puryear's book is similar to that, as well.)Yes, she tells us to toss plenty of crap, but when you see it, we really need to anyhow. Purging really helps with clutter, distractions &I fortunately found this book whenever we were in the planning stages of building a house- I actually altered a few things in the house plan to accomodate the suggestions in this book."She has probably the most useful tips for those of us suffering from Add more/ADHD that I've read. I can't say enough good things about this book. The book primarily targets an organizational philosophy of easy implementation & easy upkeep I've today bought this book twice - one physical copy and something kindle copy - and I frequently refer to both. It has become THAT indispensable.Pinsky starts the reserve by demonstrating her knowledge of ADHDers' difficulties using traditional organizational strategies.And do you know what? Ingenious- or actually common sense. The reserve shows immediately that it was created with ADHD in mind.The book primarily focuses on an organizational philosophy of easy implementation & easy upkeep. I can Do that! They're just demonstrative examples, and several of them are good ideas that I hadn't considered, or wrote off as ugly or simply too guilt-inducing.Not merely will Pinsky prioritize efficiency, but she basically defines efficiency simply because "what really works for you already" instead of "the most efficient system as long as you carry out it correctly" the way some books do. Most of the organizational solutions she presents are designed to mix in with the way we already move naturally through our day (the book gets 4 stars instead of 5 because of a few little lapses of

judgment where she appears to forget this), some books and systems demand the creation of new habits. Not for ADHD Readers! It's about maximizing the USABILITY of your home by making everything no problem finding and - most vitally - an easy task to put away. I even shop in different ways now. schedule is simply not sustainable, as many folks with ADHD know. She will include some seemingly-counterintuitive suggestions - like cutting your number of tupperware containers to sufficient for each member of the family - in order to push some new behaviors (this, for instance, would keep you from neglecting leftovers & If she did, she'd know that we lose concentration quickly. She realizes that strength won't make these habits happen, we need to make it better to stumble into these habits than to do anything else. It's true, however, that not every solution in the book is wonderful for everyone. when I REALLY DO realize if have trashed something in error (like this morning) I can obtain it back. If you browse this with the idea of "I won't necessarily take the SOLUTIONS actually, but I'll use them as a way to understand the PHILOSOPHY," then that's how you'll receive the most from it. After throwing out so very much stuff, I am a lot more careful about what I do buy- I consider whether I want the item or whether it'll just become clutter and need to be tossed the next time I purge. Once you find a solution like that, one that speaks to you, you know you've found Your company book. This book has quite actually changed my life. This content may mostly be specific solutions, but the solutions aren't the POINT of the reserve. It's a miracle. I now realize why the other books weren't effective for me, and why a few things I had tried (over-the-door hooks) worked amazingly well.. It is a easy to put my things away. And also with its imperfections, for me personally, nothing has come close to the usefulness of this one. THE ONLY REAL useful book for ADHDers on paperwork & Pinsky understands Me personally.. This is not among those books where you are supposed to spend a ton of money on organizing doo-dads to make all your stuff fit better; the very first thing she recommends is certainly that you throw a lot of it away. Good read, concise Enjoyed it. Like how easy it really is to read (for someone with ADHD), useful everyday solutions to a lot of my struggles. Why didn't I believe of that? Type of. The advice is brilliant- and you have probably never heard this advice before either- I certainly hadn't. I almost cried with joy when I read the advice about the socks. My non-ADD mom has never comprehended my loathing of sock sorting and laundry in general. I modified the suggestions to match our situation of program- oldest son provides crew socks and batman underwear, youngest son provides taller socks and ironman underwear. I have applied the solutions in this book to the the areas of my home with great results. The advice about the paperwork basket- can I let you know how brilliant that is? Not only do I have a clean table because I am not really scared to trash the one important things in the avalanche of papers my children get back from school with; Definitely not every

answer presented worked for me (I possibly could NEVER get rid of my CDs) but also for me it do such a good work of explaining its philosophy of efficiency that I was able to reframe the general overarching lessons into the context of my entire life, my stuff, and my priorities. yellowish post-it note style callouts to make the main points stand out. Why didn't I believe of this? Also look at "organizing for your brain type. the stress caused by our "stuff. I also threw out an unbelievable amount of stuff. Truckloads. I understand the girls at the local thrift shop by name because of the nearly daily excursions I produced donating stuff. office organization I'm not really a big reserve reviewer, but this is one that I had a need to touch upon. And the book has a conversational, easy-to-read modulation of voice and uses strategically-placed boldfacing & I can find most of my stuff. I no more buy factors that I think I might be out of, I understand just what I am out of because I could see it all. I have ADHD and have been rather hopelessly disorganized most my life in spite of the dozen roughly books I've bought (and read) about them. It all fits in the drawers and cupboards- In fact, I have EMPTY drawers and cupboards. Because rearranging your house and upending your life &My mom has teased my inability to put lids back in containers for virtually my entire life, and this book suggests open-best, lowered-front bins therefore i can literally just toss things into them from across the area. Was it hard? The organizing tools she recommends are a hammer and fingernails and inexpensive bins you can purchase nearly anywhere. Highly recommend. For a yr I went with an intermediate edition of her "filing" strategy and put my paperwork in regular folders. Someone came to see my new home the other day and said "wow- you are thus organized!" For one minute I thought they were being ironic, because nobody had EVER stated anything like that if you ask me before- but my house actually IS organized right now! I find myself losing things less frequently, and when I really do lose them, locating them quicker because generally there aren't random piles of stuff just about everywhere without home. Thank you, Thank you, Many thanks Ms. Pinsky for writing this publication! I do think this book would be ideal for people without Put, and everyone with children, but for many people with Put, this will end up being nothing short of a miracle. It is NOT much not the same as the 2006 publication though, if you currently have that one no need to re-buy. hmmm...." Comprehensive but not overwhelming Such an encouraging guide and useful reference. Not helpful to me. To me, this didn't give suggestions to help with real life but to make a pared down globe to get rid of distraction-once you leave your sterilized, basics only home, there is still a real world out there. Freedom from perfection for ADHD mom! This book is giving me freedom! It is much easier to organize your stuff if there isn't much of it. Great book, plenty of practical, easily implementable ideas. I loved this book, I refer back to it often, and recommend it to people, whether or not they have/live with someone with ADHD.?obvious information What may

i say I expected even more. Pinsky sure wants her big words. I wish i experienced found it sooner because it illuminated many of my very own lifestyle struggles. Inspiring I came across many interesting solutions to the challenges I faced in organizing my house. I have one room we contact the "black hole" because products go in only never to be found once again. Sounds simple but it has produced laundry sorting much more bearable at my house. Today I intend to organize the last area and I feel confident I will succeed this period. A lot of it. Basic with great practical guidelines. It had been sometimes hard to throw away expensive products that I just didn't want or need, but when i got past the guilt it had been a actually fun! The author has practical experience from dealing with her ADHD child. This reserve isn't about beautifying your house or rearranging your life.. I purchased this because of a client and lastly read it after viewing my work in my sister's home fall apart.. I became bored following the first 10 pages, but pushed on, thinking surely she'd get to the meat of the situation--sooner or later on. She says she has knowledge with ADHD, but I question it. drive you to do dishes more regularly). You have to reach the point--NOW--not 41 pages later.



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