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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.

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Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder
from Childhood Through Adulthood [Paperback]



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



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I found so many answers that I have been looking for for so long." book, that is utter nonsense. Despite calling the disorder ADHD in the intro, he calls it ADD through the entire rest of the book. Despite saying that ADHD affects women and men in equal figures in the intro, soon after in the reserve he says that it affects men three times more than women. I've found a new appreciation for my creative ADHD brain and ways to approach awkward circumstances with humor therefore people can understand me better. This makes me angry as 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. Clinicians and sufferers will examine this inaccurate/unupdated information and not deliver or have the best treatment they may potentially possess. Dr. Hallowell stresses in his book how significantly the disorder can negatively affect one's life and how important treatment is — however he presents vastly outdated details and pretends it's brand-new, doing a great disservice to ADHD sufferers like myself who would like to heal. This has had wide-ranging effects on my entire life that I didn't also realize. Growing up I didn't have very much support and hardly passed my classes. Pair that one with "You suggest I'm not Lazy, stupid or crazy? Thank you also for the case histories that I possibly could relate to and feel just like I wasn't only. For heaven's sake avoid "Adult ADHD: How to Succeed as a Hunter in a Farmer's World. A game changer for those with ADD/ADHD especially adults In the event that you or someone you love has ADD or ADHD this publication is a must have. The "Delivered from.. Adhd We was too distracted it. It's what I've been searching for!.." books are full of practical advice and move quickly past the idea that ADHD folks are miraculous etc. Most of us possess strengths and weaknesses, but ADHD doesn't cause you to miraculous as claimed in the "How to be successful as a hunter..) Why couldn't I stay motivated in school or work? I was shocked to get that apart from the 8-web page introduction, next to nothing has been transformed from the 1994 version." That book is useless. Why was I angry so often? It was an attention opener for me, and my boy. Looking back, I understood that I am not really defective, I'm just built in different ways." to "oh, so that is why...I'm said to be this way." This allowed me to form structures in my own life to control my ADD, and even exploit a few of the classic Insert traits as assets (such as attaining control of the ability to hyper concentrate for problem solving, instead of it controlling me). Was recommended if you ask me by my Dr." and "You mean. I've struggled with Increase for a long time. I've known for awhile that I've it, but I got no idea just how much of my entire life it affected. I'm so pleased my doctor recommended me this book! I went from "what's wrong with me? I've learned new methods to communicate with people, to approach complications, and even how exactly to look back again on my life. I found a lot of recovery within these webpages. I've tried. This resulted in many cases of depression, self-esteem problems, suicidal ideation, isolation, anger, and self recrimination. She highlighted parts she believed sounded like me and also stated it helped her to understand better how my human brain works. Written in the event file style, it'll provide valuable insight from what enables you to tick. (one story was particularly illuminating--in that your therapist asks the guy WHY he has so much anger and he says it's from a long time of built-up frustration. It made so much feeling.. Why am I so scattered and disorganized?. We was created in 1980.. Excellent publication and VERY highly recommended for sufferers of adult ADHD, or the ones that choose to be in relationship with somebody that has it. I recall one kid that was diagnosed as having it and everybody produced fun of him and I was under the impression that it was an excuse. As I got into adulthood, I recall seeing a industrial for adult ADHD that place a name on what I was encountering, but still attempted to deny it had been a problem. Just buy "Delivered from Distraction" this one is a rehash of that one Mainly a rehash of the other "Distraction" books. Through this book, I have found that there is no shame in choosing to take medication or seeking out training or therapy. The research he describes is largely from the early nineties or before, despite the explosion of brand-new ADHD research findings during the past 22 years (although there's updated medication information). I have also reached out to numerous people that I fear I might possess alienated

in my own past or harm with my impulsive behavior. Gift Gift Great read, informative I came across this book so filled with information, however, not weighed straight down with too much medical talk. This is not a made-up disorder. It isn't laziness and cannot just be overcome by sheer willpower. I had a lot of pain developing up and idea there was something very wrong with me. I ultimately go out of steam and it got so much effort to keep it going for so long that whenever I ran away of steam, my motivation and willpower to do simply about anything went out the home window. I'm so grateful to the authors of the book. Mostly Unrevised Do not buy the "up to date and revised edition" — buy the cheaper version from 1994 (if you want this reserve). I didn't even realize this was the answer I was looking for, though it was in front of my face for a very long time. Thank you SO much to get the detailed descriptions that explain how ADHD affects Every area of life." and you will be in good shape. ADHD study was still in its infancy, and so my symptoms weren't recognized. So glad I acquired this book! I found the stories of Put at different ages very helpful, because I found myself in them for each stage of existence and the struggles I encountered. I've been suffering from ADHD since I was a kid and this book has actually helped me through my university years. Just purchase one - we like "Delivered from Distraction" the best. I didn't know how to help myself. When I got to university I finally got real help and after my doctor suggested this book if you ask me I couldn't help but tear up a little whenever I read a thing that 100% explained me. I certainly recommend this to anyone who is suffering from ADHD. Should anyone ever thought you might have ADHD Great information for adults with ADHD Sail Highly recommended Nailed it! My wife actually finished it before I did so and she stated it had been also very eye-opening for her. It noises corny, but, this book put me on the path to a brand-new, better and much more happy and effective me. Decent It had been a decent read Good Read for those with or close to someone with ADD My doctor had me read this ahead of being diagnosed. It was insightful. This book finally helped me understand what it was I was coping with my entire life, (but didn't know it). Why couldn't I just get it jointly?. Grant it, I did read like 10 various other books that week. I have rebuilt many bridges and mended friendships and also my family. You can easily understand, interesting, and covers topics that apply to both children and adults. An excellent overview of everything you need to learn about ADD.



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