

*"Overcoming Distractions is an essential guide to understanding and even benefiting from Adult ADHD. David Greenwood introduces stories from a variety of professionals in business who have learned how to make intelligent life choices that work with their unique gifts."*

—EDWARD M. HALLOWELL, MD,  
internationally recognized ADHD authority, founder of The Hallowell Centers

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# overcoming distractions



Thriving with  
**ADULT ADD/ADHD**

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**DAVID A. GREENWOOD**

David A. Greenwood

## Overcoming Distractions: Thriving with Adult ADD/ADHD



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But what goes on when those kids grow up? We realize that Attention Deficit Disorder makes it tough for children to target in school. How can they make the changeover to an effective professional life? And how can recently diagnosed adults meet the challenges of the workplace? not just survive! David Greenwood, an ADD sufferer who today functions as a well-respected PR consultant, answers the issue for anyone who would like to thrive with Attention or ADHD—Tailor a career to minimize the effects of these symptoms. Figure out how to: Identify the main features of Attention Deficit Disorder and become alert to how they affect aspects of mature life, particularly in the office. Highlight the positive features of Attention Deficit Disorder, such as hyper-focusing and creativeness, and leverage them to attain professional success. Overcoming Distractions includes plenty of case studies, testimonials from ADD/ADHD professionals, and several action plans for making Attention Deficit Disorder work for you.



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I purchased this book because I knew of the writer through business and wished to support him. I discover some other books are heavy on the theories and should-a, would-a, could-a however, not this publication!. The book allowed them to share their personal tales about the internal/exterior hardships within families, friendships, romantic relationships, professions and other experiences that result in self discovery, curing, overcoming and ultimately thriving. I browse the reserve because I was intrigued after reviewing the desk of contents. I am offering this book to my boy, I hope he will get himself in another of the many stories and that it will help him avoid some pitfalls. He is the very definition of ADHD and I know he's smart enough to use the information in the reserve to inspire and excel. Excellent Resource for all those with ADHD or Non-ADHD As a mental health supplier, I find this reserve to be a fantastic resource not only for myself, but for my clients in addition to their own families. This book not merely helps others understand people with ADHD or difficulty focusing due to distractions, but it offers excellent solutions to them as well. Enjoyable and Helpful I enjoyed this reserve. Chapters are brief and sweet. This publication obviously depicts and highlights successfull entrepreneurs who chose to focus on the positive strengths of individuals with "extraordinary abilities". Done well! strategies for overcoming procrastination that i found particularly useful.A Handbook for ADHD success Great book - I love the way the author mixes the symptoms, the science and just how others have utilized it to their benefit. I under no circumstances thought I'd read it. Well written more than enough to skip to a chapter or examine cover to cover. I couldn't put the book down. You won't look for a large amount of concrete advice in this book That is a helpful book if you are looking for confirmation you are not the only person out there with ADHD. It's evidence that ADHD Folks can have an effective business." And it's really perhaps this sort of spin that really reveals that the author is primarily a PR professional. Everyone can relate with David Greenwood's tales and his no-nonsense information for all of us who undertake so much inside our personal and professional lives. True to life ADHD heroes I've always strived to spotlight the positive traits of my ADHD. That is literally my go to publication for ADHD/ Overcoming Distractions. David Greenwood shares his personal have a problem with ADHD and the wisdom he created over the course of a number of business endeavors. I enjoyed the way it really is created because I was able to read it from beginning to end and I return back and read certain chapters to inspire me to stop procrastinating and Just Do It! Thank you for sharing tools, tips and practical assistance. Oh, and it reframes ADHD as a distinctive method of seeing the globe that may actually be good for achieving success. I found this book truly enlightening. The good examples are relatable to most anyone, yet really concentrate in on anyone who has already struggled.. that were very helpful. Must read for anybody who struggles getting what they want done First book I've read that actually gives real world solutions, and not just 1, but a bunch from a huge amount of people. There's bound to be one that fits flawlessly in your daily life. But I discovered a lesson! Excellent book for business owners and entrepreneurs David did a fantastic job in giving sound answers to anyone who feels distracted. The reserve addresses adults with Put but everyone could benefit from the strategies David describes especially business owners and entrepreneurs. Five Stars Very interesting read. This book is a wonderful read for any entrepreneur or anyone who struggles with . I found this reserve truly enlightening.. I possibly could also find this as being helpful as a inspiration tool for individuals who are concerned that having ADHD will be limiting within their career path — you'll be introduced to a variety of those who have found success in a range of careers. Excellent read that I couldn't deposit. Also contains very effective ideas & Once you actually decide to read this, its is a fantastic method of understanding ADHD in business! I often read business books and this book easily fit into through the business owners that David interviewed. This book is an excellent read for any entrepreneur or anyone who struggles with staying on task. Also, the tone is very nonjudgmental, which is also a good thing. Besides that, this is an odd publication without a lot of concrete tips for how to overcome distractions. The writer uses a lot of personal anecdotes in his composing to talk about how he

attained achievement despite ADHD, but his takeaways in his personal careers don't exceed the top. These anecdotes feel a lot like when an interviewer asks you "What is an example of something you had to overcome?" and you quickly spin an answer that puts you in the very best light. There's a paragraph about how he jumped in one job to a totally different one, and the message is actually: "It had been a success! I have a daughter who offers HDHA and it helps me to understand her challenges. It's been a great go through, thank you for composing it! It showed me a different perspective on ADHD! The Perfect Book for Busy Experts! Great read! Done well David, that is now a must read recommendations for entrepreneurs. Greenwood's research packs a lot of punch and convinces the reader that in this day and age of limitless distractions, we need to strategize to stay concentrated and accomplish every day's goals. Terrific, practical advice!. I've a ... Not absolutely all parts put on me but there were a lot of examples, suggestions. And it wasn't.



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