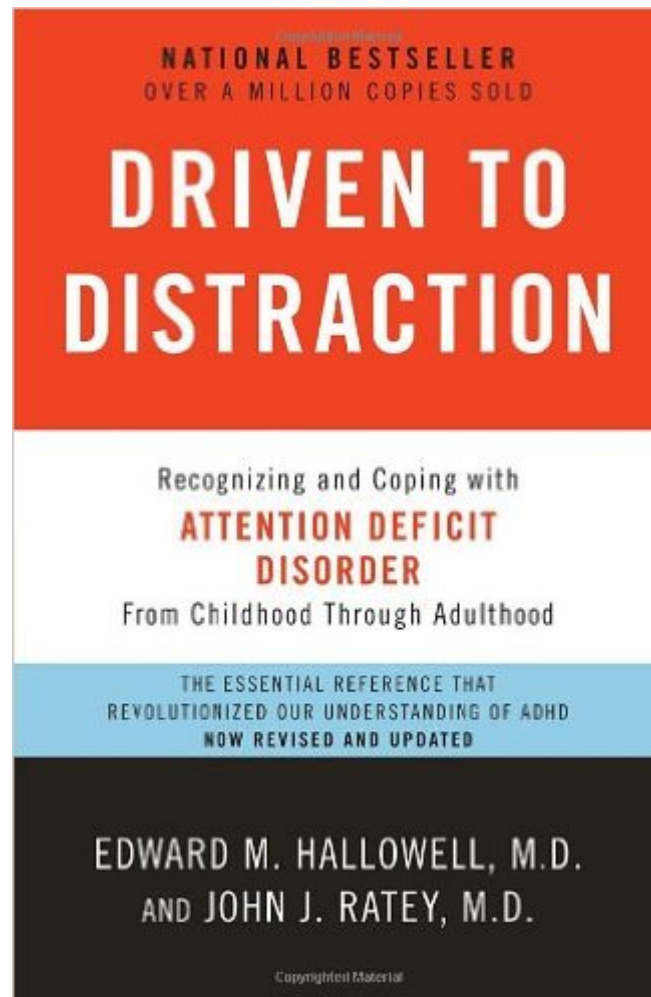


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# Driven To Distraction (Revised): Recognizing And Coping With Attention Deficit Disorder



## Synopsis

Groundbreaking and comprehensive, *Driven to Distraction* has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this disorder—including high energy, intuitiveness, creativity, and enthusiasm.

## Book Information

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## Customer Reviews

I have struggled with ADD for a very long time. I have known for awhile that I have it, but I had no idea how much of my life it affected. I found the stories of ADD at different ages very helpful, because I found myself in them for each stage of life and the struggles I encountered. Looking back, I realized that I am not defective, I'm just built differently. I have learned new ways to communicate with people, to approach problems, and even how to look back on my life. I found a lot of healing within these pages. I had a lot of pain growing up and thought there was something very wrong with me. This led to many instances of depression, self-esteem issues, suicidal ideation, isolation, anger, and self recrimination. Why couldn't I just get it together? Why was I angry so often? (one story was particularly illuminating--in which the therapist asks the guy WHY he has so much anger and he says it's from many years of built-up frustration. It made so much sense.) Why couldn't I stay

motivated in school or work? Why am I so scattered and disorganized? I was born in 1980...ADHD research was still in its infancy, and so my symptoms weren't recognized. I remember one kid that was diagnosed as having it and everybody made fun of him and I was under the impression that it was an excuse. As I got into adulthood, I remember seeing a commercial for adult ADHD that put a name on what I was experiencing, but still tried to deny it was a problem. This has had wide-ranging effects on my life that I didn't even realize. Through this book, I have found that there is no shame in choosing to take medication or seeking out coaching or therapy. I have found a new appreciation for my creative ADHD brain and a way to approach awkward situations with humor so people can understand me better.

This is a fantastic book for anybody who wants to learn about ADHD. It was only after reading this book that I broke down and got myself tested. I was one of the many people that thought ADHD was an excuse for people with a lack of discipline and will power. I have never been more wrong in my entire life. I only wish I had known about it earlier. It could have saved my family and I a lot of heart ache and pain, not to mention money. It really is a tragedy to have gone through so many frustrating episodes in your life and find out that they probably could have been prevented or at least mitigated to some degree. The best part of this book is the real life examples that the author describes. If you have ADHD, they will definitely hit home. One in particular felt like it was taken straight from my life. ADHD is a tricky disorder because there's no definitive test for it. In fact, ADHD is really not a good name for it because the hyper activity wears off as you get older. I think it should be called something like Executive Function Disorder. That to me is a more accurate description. Executive Function is really what is lacking. The inability to follow through with goals, get organized, and multi-task. The name belittles the condition. The one thing that is still a mystery to me is why it is so prevalent today. How is it possible that there is such an increase in people who have it? I hope one day there's an answer. While I think it's ridiculous when I hear people say they're grateful they have ADHD, I am grateful that the treatment and medication really does work for the vast majority of people. That's really the only good news. I can also understand somebody's hesitancy about taking medication. Who wants to take pills that alter your brain. I don't.

I've known about my ADHD for a very long time (since I was 7 - I'm now 23). I've had better and worse moments throughout my life, but my recent step into "REAL!" adulthood and living on my own has, at times, brought out the worst in my motivation, distractibility, and organization. These issues pushed me to look for books that would not only explain my situation (hopefully from a new

perspective), but also give me concrete, useful, and detailed solutions/ideas to fix said issues. I saw this book when I was searching, but decided not to buy it and ordered two others instead. Two days later, while babysitting, I saw this exact book sitting on the shelf. I pulled it out once the kid went to sleep to see if I had missed out by not buying it. I didn't read the entire thing in the few hours I had, but I got through most of it pretty thoroughly, and skimmed the parts I didn't get to. So with that being said, take my review with a grain of salt: I did not read it cover to cover. I read enough, however, to feel that I could give a relatively decent and intelligent review. My Reactions:(-) From an aesthetic standpoint, this is not really an ADHD-friendly book. I was on my medication and I wasn't even able to read entire chapters without wanting to skip through crap. It's just page after page after page of text, which gets really boring really fast. Big things that bothered me: (A) There are no chapter summaries. (B) There are no chapter previews. With chapters as long and dense as his are, having at least one of these two things (previews/summaries), if not both, would have been REALLY helpful. (C) I didn't find the ways in which the sub-sections of chapters were organized all that helpful.

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