

## Add Friendly Ways To Organize Your Life Isei

There's a new set of 3Rs for our kids-respect, responsibility, and resilience-to better prepare them for life in the real world. Once developed, these skills let kids take charge, and let parents step back, to the benefit of all. Casting hover mothers and helicopter parents aside, Vicki Hoefle encourages a different, counter-intuitive-yet much more effective-approach: for parents to sit on their hands, stay on the sidelines, even if duct tape is required, so that the kids step up. Duct Tape Parenting gives parents a new perspective on what it means to be effective, engaged parents and to enable kids to develop confidence through solving their own problems. This is not a book about the parenting strategy of the day-what the author calls "Post-It Note Parenting"-but rather a relationship-based guide to span all ages and stages of development. Witty, straight-shooting Hoefle addresses frustrated parents everywhere who are ready to raise confident, capable children to go out in the world.

Just as the classroom poses the greatest challenges for children and teens with ADHD, the workplace is the arena where Adult ADHD poses the greatest threat. And while adults with ADHD are likely to face professional challenges, it is possible to cultivate a work environment that enables them to thrive and uses the strengths of this unique condition to their advantage. Featuring a large open format with summaries at the beginning of each chapter and designed with the ADHD reader in mind, this newly

revised and updated edition offers an easy-to-follow progression of useful information interwoven with practical strategies for career success.

How to organize everything, from America's most trusted lifestyle authority, with color photographs throughout and hundreds of ideas, projects, and tips

In the spirit of business/self-help hits such as Darren Hardy's *The Compound Effect*, a simple formula for productivity and success, from a prominent sports psychologist and a star business coach who join forces to offer seven fundamental skills for improving your habits and achieving peak performance in work and life.

Is the learning in your classroom static or dynamic? *Shake Up Learning* guides you through the process of creating dynamic learning opportunities—from purposeful planning and maximizing technology to fearless implementation.

"If there were an ADHD self-help book group, I'd nominate this book to be at the top of the reading list." -- Kathleen Nadeau, Ph.D., internationally recognized authority on ADHD and co-author of *ADD-Friendly Ways to Organize Your Life* Stop paying the high cost of disorganization. Late fees on forgotten bills. A home full of clutter and unfinished projects. Eroding respect with your friends, family, and colleagues. Health worries from doctor's appointments you keep meaning to schedule. Nonstop anxiety as you wait for the other shoe to drop. You deserve better. *Order from Chaos* will teach you how your brain works and how to stop getting in your own way. Mixing stories from the trenches of her own experience as a mom and wife with ADHD with wise, well-researched advice

from her years as a blogger at The ADHD Homestead, Jaclyn Paul shows you how to design your own system for restoring order. Past failures don't have to define you. Order from Chaos offers a helping hand to get you on the path to a more peaceful and rewarding life.

IF YOU'VE EVER LOST YOUR KEYS, MISSED AN APPOINTMENT OR BEEN DISTRACTED BY A FRIVOLOUS EMAIL, THEN THIS BOOK IS FOR YOU. The key to a less hectic, less stressful life is not in simply organizing your desk, but organizing your mind. Dr. Paul Hammerness, a Harvard Medical School psychiatrist, describes the latest neuroscience research on the brain's extraordinary built-in system of organization. Margaret Moore, an executive wellness coach and codirector of the Institute of Coaching, translates the science into solutions. This remarkable team shows you how to use the innate organizational power of your brain to make your life less stressful and more productive and rewarding. You'll learn how to: ¥ Regain control of your frenzy ¥ Embrace effective uni-tasking (because multitasking doesn't work) ¥ Fluidly shift from one task to another ¥ Use your creativity to connect the dots This groundbreaking guide is complete with stories of people who have learned to stop feeling powerless against multiplying distractions and start organizing their lives by organizing their minds.

Attention Deficit/Hyperactivity Disorder (ADHD) in adulthood is a prevalent and impairing disorder. While medications have been effective in treating adult ADHD, the

majority of individuals treated with medications still have symptoms that require additional skills and symptom management strategies. This Second Edition of *Mastering Your Adult ADHD* is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD. The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD. The program has been updated to include the optional use of technology and smart phones to improve organization and planning. Core modules cover the development of systems for keeping track of appointments and tasks, reducing distractibility, and improving adaptive thinking skills, and there's an optional module on reducing procrastination. Information is also provided regarding holding an informational meeting with a spouse, partner, or family member. The step-by-step, session-by-session descriptions are a practical resource for therapists who deliver the treatment. The companion Client Workbook contains all of the necessary information for participating in the practical CBT intervention. It includes worksheets, forms, and a link to an assessment measure that can be used to gauge progress during treatment.

A collection of easy lessons for learning how to live with adult ADHD contains checklists and worksheets to help readers break down large jobs--such as organizing, studying, or listening to someone--into manageable tasks, as well as identifies the right treatments

and support for one's lifestyle and strategies for dealing with stress, anxiety, depression and fear of failure.

Discusses preventive measures and treatments for compulsive hoarding, in a book designed to help loved ones of hoarders use harm reduction to aid hoarders in living a safe and comfortable life.

There's no magic or mystery to creating an organized life, but this useful book provides hundreds of tips to help streamline your life. Morgenstern presents her three-step plan: analyze, strategize, attack.

For the millions of adults diagnosed with ADHD *The Disorganized Mind* will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around. *The Disorganized Mind* addresses the common issues confronted by the ADHD adult: "Where did the time go?" "I'll do it later, I always work better under pressure anyway." "I'll just check my e-mail one more time before the meeting..." "I'll pay the bills tomorrow – that will give me time to find them." Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to

achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change – this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible. Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics, challenges, and options for treatment.

The most comprehensive holistic guide to transforming adult ADD / ADHD. "The Drummer and the Great Mountain - A Guidebook to Transforming Adult ADD/ADHD" starts with the premise that ADD/ADHD is a neurological type, not a disorder -- shared by countless artists and great minds throughout history. It offers a soulful, comprehensive, and holistic support system for creative individuals looking to maximize their potential and minimize their challenges with focus and consistency. Topics covered: Nutrition, Exercise, Emotional Support Tools, Time Management, Life Visioning, Creating Effective Support Systems, ADD / ADHD and Addiction, Meditation and Mindfulness Practices, and much more. Who Can Benefit: 1. Anyone diagnosed (or self-diagnosed) with ADD / ADHD. 2. Artists, musicians, entrepreneurs, and creative-

types who struggle with consistency, structure, self-motivation, and possibly addictive tendencies. 3. People taking ADD / ADHD medication who are looking for effective, natural alternatives. 4. Social Workers, therapists, and wellness professionals seeking a comprehensive support plan for their clients. 5. Spouses, partners, and parents looking for ways to effectively support their loved ones. 6. Teachers, life coaches and support professionals wanting to discover more in-depth tools of support. "The Drummer and the Great Mountain is an informative, practical guidebook for those of us with the artistic or entrepreneurial temperament, offering a treasure trove of survival tools, personal growth techniques and coping mechanisms for a personality type that can often be at odds with our linear, rational society." ~ Warren Goldie, Author "This book seems to not only span the whole spectrum of the ADD/ADHD subject but pierces deeply, bringing into focus the essential value of each part of our lives to augment – even perfect – our given natures; no matter how unique, rare or misunderstood." ~ Doro Kiley, Life Coach "Michael has taken a deeper look at how the foods we eat affect our brain chemistry. He has done a beautiful job explaining this phenomenon in clear and understandable terms; offering a realistic roadmap on how to recognize and take control of detrimental dietary patterns." ~ Jennifer Copyak, Nutritionist

Did you know there are some simple and highly effective, non-pharmaceutical ways to minimize your unwanted ADHD symptoms? Well, there are! You'll be amazed to discover that a few simple strategies can lead to significant changes in your ADHD

symptoms. In this practical 'ADHD friendly" book, you'll discover the eleven specific and simple steps that help adults with ADHD flourish and reach their full potential. Rest assured, these strategies are so simple you can begin implementing them today, without feeling overwhelmed. You will discover How to make simple lifestyle changes that will minimize the negative aspects of ADHD How to create an environment that encourages you to focus. How to identify and begin achieving your life goals today! Untapped Brilliance does more than just explain what changes to make and why..it shows you how to make those changes forever

Organizing Solutions for People with ADD, 2nd Edition outlines new organizing strategies that will be of value to anyone who wants to improve their organizational skills. This revised and updated version also includes tips and techniques for keeping your latest technologies in order and for staying green and recycling with ease.

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are prevalent in society today, afflicting about 4.4% of the adult population—over 13 million Americans. Four out of every five adults do not even know they have ADD. The chapters, organized by the type of room or task, consist of practical organizing solutions for people living with ADD: At work: prioritizing, time management, and organizing documents At home: paying bills on time, decluttering your house, scheduling and keeping appointments With kids: driving them to various activities, grocery shopping and meals, laundry, babysitters, organizing drawers and closets And you: organizing

time for your social life, gym, and various other hobbies and activities Color photographs that capture the short attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with ADD, providing numerous organizational tips, such as the importance of dividing time into minutes or moments, task completion, how to avoid procrastination, asking for help, and how not to be a pack rat. Get your life in order with this witty and sympathetic guide to organization. A guidebook designed for adults with ADHD reviews the history of the disorder and its symptoms, and provides evidence-based treatments.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner

with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Live boldly as a woman with ADHD! This radical guide will show you how to cultivate your individual strengths, honor your neurodiversity, and learn to communicate with confidence and clarity. If you are a woman with attention deficit/hyperactivity disorder (ADHD), you’ve probably known—all your life—that you’re different. As girls, we learn which behaviors, thinking, learning, and working styles are preferred, which are accepted and tolerated, and which are frowned upon. These preferences are communicated in innumerable ways—from media and books to our first-grade classroom to conversations with our classmates and parents. Over the course of a lifetime, women with ADHD learn through various channels that the way they think, work, speak, relate, and act does not match up with the preferred way of being in the world. In short, they learn that difference is bad. And, since these women know that they are different, they learn that they are bad. It’s time for a change. *A Radical Guide for Women with ADHD* is

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the first guided workbook for women with ADHD designed to break the cycle of negative self-talk and shame-based narratives that stem from the common and limiting belief that brain differences are character flaws. In this unique guide, you'll find a groundbreaking approach that blends traditional ADHD treatment with contemporary treatment methods, such as acceptance and commitment therapy (ACT), to help you untangle yourself from the beliefs that have kept you from reaching your potential in life. If you're ready to develop a strong, bold, and confident sense of self, embrace your unique brain-based differences, and cultivate your individual strengths, this step-by-step workbook will help guide the way.

This book recounts the experiences of adults living successfully with attention deficit disorder. Acclaimed A.D.D. expert Dr. Lynn Weiss tells the stories of 15 individuals who have learned to incorporate A.D.D. attributes positively into their lives and triumph.

This innovative program offers practical, useful strategies for people with AD/HD, so that they can make use of their brain functions that do work well and learn day-to-day skills that may otherwise be too difficult to master. Based on the concept of visual thinking and filled with tips on how to keep the body at its highest functioning level, this program helps AD/HD sufferers become successful in their everyday lives. The authors share simple yet powerful techniques to develop and harness the strengths of the visual right brain, while at the same time demonstrating how treatment for AD/HD can maximize success.

Do you walk in a room to organize and find yourself paralyzed and overwhelmed? Do you find yourself spending money on organizing solutions that don't work? Do you feel like you put in effort but never make any progress? Or maybe you know exactly what you want to do, and yet for some reason, you just can't get started. Organizing isn't easy. And having ADHD doesn't

make it any easier. But it doesn't have to be impossible. If you have ADHD and you've been struggling with organization, it doesn't mean there's something wrong with you. It just means it's time to try working with your brain instead of against it. That means:

- \* Understanding how your mind works
- \* Recognizing your strengths and weaknesses
- \* Finding the strategies that work for you

In her latest book, Lisa Woodruff explores the executive functions of the mind that directly affect your ability to organize your home: flexible thinking, working memory, self-monitoring, task initiation, planning, and organization. Along the way, she provides tips and strategies for overcoming obstacles—tools you can use to get the organized house you've been dreaming of.

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.

Focus, organization, stress management, and more—these qualities are gained and improved by strengthening executive functioning and core skills. *Thriving with Adult ADHD* offers a toolbox of practical, evidence-based exercises to build this mental skill set and take control of ADHD. From managing common distractions at work to regulating emotions with family and

friends, these proven-effective strategies target symptoms that impact your home, work, and personal life. Applied through a series of exercises and assessments, Thriving with Adult ADHD is an actionable, results-oriented approach to achieving real, sustainable life changes.-- Explores the psychological unpinning of compulsive hoarding and looks at approaches and treatments that have helped people live healthy and safe lives, including combining and organizing therapy.

"Dr. Wes Crenshaw offers thirteen principles for successful living with ADD and ADHD drawn from twenty-two years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients. Written in an entertaining, conversational style for readers aged fifteen to thirty, Dr. Wes pulls no punches in confronting the cognitive, social, emotional, and academic pitfalls people with ADD face every day. He also helps families, friends, and romantic partners understand a diagnosis of ADD not as something to fear or an excuse, but as a first step on the path to a better tomorrow"--Page 4 of cover.

An updated edition of the classic self-help book for people with Attention Deficit Disorder! With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference—the first of its kind written for adults with ADD by adults with ADD—focuses on the experiences of adults,

offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: -The new medications and their effectiveness -The effects of ADD on human sexuality -The differences between male and female ADD—including falling estrogen levels and its impact on cognitive function -The power of meditation -How to move forward with coaching And the book still includes advice about: -Achieving balance by analyzing one's strengths and weaknesses -Getting along in groups, at work and in intimate and family relationships—including how to decrease discord and chaos -Learning the mechanics and methods for getting organized and improving memory -Seeking professional help, including therapy and medication

Eager to meet with representatives of the government of North Vietnam and the Provisional Revolutionary Government, these Americans came from backgrounds such as international peace organizations, the civil rights movement, and academic institutions. They usually traveled in small groups of three or four at a time and by 1969 averaged about one group a month.

Sari Solden specializes in working with ADD adults and their partners. Her first book, *Women with Attention Deficit Disorder*, has sold more than 100,000 copies worldwide. Now, in *Journeys Through ADDulthood*, she takes a groundbreaking look at the emotional turmoil often precipitated by ADD and offers readers roadmaps to richer,

happier lives. Living with ADD affects the development of one's view of self, especially for those not diagnosed until adulthood, after an entire childhood of feeling "different" without knowing why. There are no quick fixes—Solden takes a longer view of the challenges and sees living with ADD as an ongoing internal process. *Journeys Through ADDulthood* is a step-by-step guide through three stages, or journeys: toward understanding your brain and your primary symptoms; toward discovering your true identity and embracing your uniqueness; and toward learning to share your true self to connect with others. Illuminating her points based on the real-life journeys of two men and two women, Solden offers self-help exercises at the end of each chapter to point the way around common roadblocks on the road to empowerment, self-fulfillment, and the realization of long-buried dreams and goals.

Do you: Have trouble paying attention and staying on task? Suffer from disorganization, procrastination, or forgetfulness? Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration? Struggle with self-doubt and difficulty following through? In a way that causes problems in your relationships or your work? If so, you may have Attention Deficit Hyperactivity Disorder (ADHD)—like an estimated 8 million adults in this country. Physician-researcher Dr. Lidia Zylowska has created an 8-step program for using mindfulness practice (attention and awareness training) to overcome the symptoms of ADHD. The program includes practices such as sitting meditation, body awareness, thoughtful speaking and listening, development of self-

acceptance, mindful self-coaching, cultivation of a balanced view of thoughts and emotions, and more. Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges. She also explains how the mindful approach can be combined with other treatments, including medications, to boost self-improvement. This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD. The introduction to the book, titled "Dear Reader," includes a link to the free downloadable audio files.

A new understanding of ADD, along with practical information on how to recognize and treat the disorder A leading expert in the assessment and treatment of Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder dispels myths and offers reassuring, practical information about treatments. Drawing on recent findings in neuroscience and a rich variety of case studies from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated. This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to "pay attention," yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the "willpower" explanation and explains how inherited malfunctions of the brain's management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His book is an

authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD.

A professional organizer and a renowned ADD clinician join forces to present this guide that addresses the unique needs of adults with ADD. It offers organizing advice that ranges from self-help to utilizing the help of nonprofessionals to using professional assistance.

ADD, Attention Deficit Disorder and ADHD, Attention Deficit Hyperactivity Disorder, are prevalent in society today, afflicting about 4.4% of the adult population, which is over 13 million Americans. Four out of every five adults do not even know they are ADD, and while it is often difficult to differentiate adults with true ADD from adults who are merely forgetful and disorganized, *Organizing Solutions for People with ADD* outlines new organizing strategies that will be of value to anyone who wants to improve their organizational, or lack of, skills in their life. The chapters consist of practical organizing solutions for ADD at Work; prioritizing, time management, and organizing documents, ADD at Home; paying bills on time, de-cluttering your house, scheduling and keeping appointments, ADD with Kids; driving them to various activities, grocery shopping and meals, laundry, babysitters, organizing drawers and closets, and ADD and You; organizing time for your social life, gym, and various other hobbies and activities. Color photographs that capture the short attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with ADD, providing numerous

organizational tips, such as, the importance of dividing time into minutes or moments, task completion, how to avoid procrastination, asking for help, and how not to be a packrat.

Acclaimed professional organizer Judith Kolberg and Dr. Kathleen Nadeau, renowned ADHD clinical psychologist, are back with an updated edition of their classic text for adults with ADD. Their collaboration offers the best understanding and solutions for adults who want to get and stay organized. Readers will enjoy all new content on organizing digital information, managing distractions, organizing finances, and coping with the "black hole" of the Internet. This exciting new resource offers three levels of strategies and support: self-help, non-professional assistance from family and friends, and professional support; allowing the reader to determine the appropriate level of support.

Understanding Women with AD/HD is designed to be a practical and readable guide for women at any age, with special chapters focusing on different stages of life.

Chronic disorganization is disorganization that undermines a person's quality of life. The disorganization keeps coming back even after repeated efforts to get organized. Conquering Chronic Disorganization tells the story of chronically disorganized people who ending their chronic disorganization by using innovative organizing methods. The stories are humorous and the methods are easy to understand and implement. The areas addressed are disorganization in the home, clutter, papers, time management

issues, and office disorganization.

Are your counters covered with appliances you had to have but rarely use? Are your cupboards stuffed with clothes that you hope to fit back into or that you paid a fortune for but only wore once? Have you been hanging on to that hideous teapot your mother gave you 10 years ago only because she gave it to you? Every time you go shopping do you come back with bags of more stuff because that pillow/blouse/cd/mixer will be the one thing that changes your life and then it doesn't change your life because you have nowhere to put it? In *It's All Too Much*, organisational guru Peter Walsh challenges you to answer a very simple but scary question: Does the stuff you own contribute to the life you hope to achieve or does it get in the way of your vision? Peter helps you assess the state of your home without any sugar coating and will teach you how to confront and conquer the stuff that is holding you back by identifying the purpose of each and every object in your home and assessing your reasons for holding onto it. He shows you how to identify which room is the heart of your home and then shows you why it is so important to keep that space clean and clear of clutter - if the heart of your home is clogged what does that say about you? He then helps you go room by room to ask the important questions: What is the room? What's its purpose? What is this item? Does it contribute positively to the life you want? The answers to these questions will help you understand your priorities and fix your relationship with your stuff. And in gaining this understanding you can start to clear out the clutter!

Women with Attention Deficit Disorder, psychotherapist Sari Solden's, groundbreaking book, explains how every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. This pioneering book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with AD/HD face, such as the shame of not fulfilling societal expectations. Solden explains that AD/HD affects just as many women as men, and often results in depression, disorganization, anxiety, and underachievement. Included in this revised edition is a brand new chapter on friendship challenges for women with AD/HD. Three empowering steps -- restructuring one's life, renegotiating relationships, and redefining self-image -- help women take control of their lives and enjoy success on their own terms. "Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women... She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives." (Kate Kelly and Peggy Ramundo, authors of *You Mean I'm Not Lazy, Stupid, or Crazy*)

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