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.

Read by John McDonough

Driven To Distraction

Pennsylvania. General Assembly. Joint State Government Commission

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Delivered from Distraction Edward M. Hallowell, M.D., John J. Ratey, M.D., 2005-12-27 If you read only one book about attention deficit disorder it should be Delivered from Distraction Michael Thompson Ph D New York Times bestselling co author of Raising Cain In 1994 Driven to Distraction sparked a revolution in our understanding of attention deficit disorder Widely recognized as the classic in the field the book has sold more than a million copies Now a second revolution is under way in the approach to ADD and the news is great Drug therapies our understanding of the role of diet and exercise even the way we define the disorder all are changing radically And doctors are realizing that millions of adults suffer from this condition though the vast majority of them remain undiagnosed and untreated In this new book Drs Edward M Hallowell and John J Ratey build on the breakthroughs of Driven to Distraction to offer a comprehensive and entirely up to date guide to living a successful life with ADD As Hallowell and Ratey point out attention deficit disorder is a highly misleading description of an intriguing kind of mind Original charismatic energetic often brilliant people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds Tailored expressly to ADD learning styles and attention spans Delivered from Distraction provides accessible engaging discussions of every aspect of the condition from diagnosis to finding the proper treatment regime Inside you ll discover whether ADD runs in families new diagnostic procedures tests and evaluations the links between ADD and other conditions how people with ADD can free up their inner talents and strengths the new drugs and how they work and why they re not for everyone exciting advances in nonpharmaceutical therapies including changes in diet exercise and lifestyle how to adapt the classic twelve step program to treat ADD sexual problems associated with ADD and how to resolve them strategies for dealing with procrastination clutter and chronic forgetfulness ADD is a trait a way of living in the world It only becomes a disorder when it impairs your life Featuring gripping profiles of patients with ADD who have triumphed Delivered from Distraction is a wise loving guide to releasing the positive energy that all people with ADD hold inside If you have ADD or care about someone who does this is the book you must read Praise for Delivered from Distraction The definitive source of information on attention deficit disorder Harold S Koplewicz M D director Child Study Center New York University School of Medicine A deeply wise and truly helpful book written with frankness humor and tremendous empathy Perri Klass M D co author of Quirky Kids Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood Edward M. Hallowell, 1995 Informatie over oorzaken en behandeling in relatie met gedrags en concentratieproblemen Driven to Distraction United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Commerce, Trade, and Consumer Protection, 2012 Summary of

Edward M. Hallowell's Driven to Distraction by Milkyway Media Milkyway Media, 2018-08-31 Driven to Distraction Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood 2011 by physicians Edward M Hallowell and John J Ratey is a detailed study of attention deficit disorder ADD first published in 1994 The authors define the disorder describe its subtypes explain how it s diagnosed outline its effects on the lives of people with the condition and enumerate its forms of treatment Purchase this in depth summary to learn more Insights on Edward M. Hallowell and John J. Ratey's Driven to Distraction Swift Reads, 2020-11-22 Download now to get key insights from this book in 15 minutes Through vivid stories of the experiences of their patients both adults and children Drs Hallowell and Ratey show the varied forms ADD takes from the hyperactive search for high stimulation to the floating inattention of daydreaming and the transforming impact of precise diagnosis and treatment Analysis of Edward M. Hallowell's Driven to Distraction by Milkyway Media, 2018-03-02 Driven to Distraction Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood 2011 by physicians Edward M Hallowell and John J Ratey is a detailed study of attention deficit disorder ADD first published in 1994 The authors define the disorder describe its subtypes explain how it s diagnosed outline its effects on the lives of people with the condition and enumerate its forms of treatment Purchase this in depth analysis to learn more Answers to Distraction Edward M. Hallowell, M.D., John J. Ratey, M.D., 2010-01-12 The bestselling authors of Driven to Distraction share everything you need to know about ADD in this revised and updated edition Two experts respond to the most frequently asked questions about Attention Deficit Disorder After decades of being unfairly diagnosed children and adults with ADD are now recognized as having a common and treatable neurological condition Drs Hallowell and Ratey answer the questions most frequently asked at their nationwide workshops and seminars resulting in an easy to read reference that covers every aspect of the disorder from identifying symptoms and diagnosis to the latest treatment options as well as practical day to day advice on how you or a loved one can live a normal life with ADD Whether you are a patient parent teacher or health care professional Answers to Distraction will help those whose ADD has caused persistent problems in school at work and in relationships Q As include What is the single most important scientific finding about ADD in the last decade How early can ADD be diagnosed Where can a parent get support for dealing with a child who has ADD What advances in the field of medication have taken place since the original version of this book was published How can you help someone of any age who resists the diagnosis of ADD get comfortable with it Driven to distraction by Edward M Hallowell Edward M. Hallowell, 1994 **ADHD 2. 0** Edward M. Hallowell, John J. Ratey, 2021 World renowned authors present a revolutionary new idea What if people viewed impulsivity distractibility and hyperactivity as personality traits instead of symptoms Furthermore what if those traits could be valued and harnessed for the creativity and entrepreneurial spirit they tend to breed **Driven to Distraction at Work** Ned Hallowell, 2015-01-06 Identifying the underlying reasons why people really lose their ability to focus at work and drawing on case studies a leading authority on

ADD and ADHD presents a set of reliable techniques that will help anyone regain control of their attention and most productive mental state in the workplace By the best selling author of Driven to Distraction 25 000 first printing

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