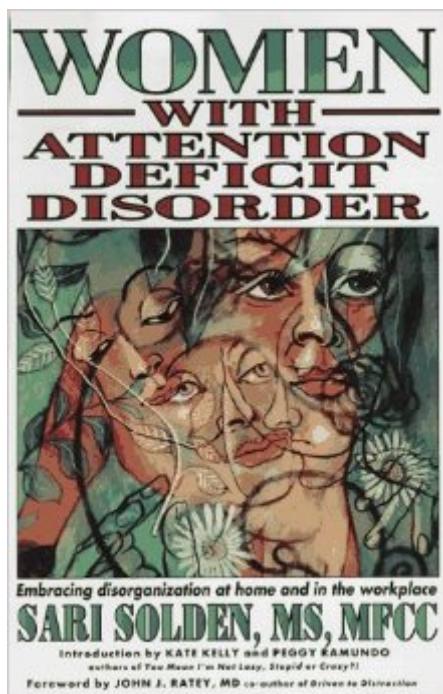


The book was found

Women With Attention Deficit Disorder: Embracing Disorganization At Home And In The Workplace



Synopsis

Offers proof that ADD affects as many women as men and shows women how to detect its symptoms, what special challenges they will face, what to expect from treatment, and how to live with the ailment. Original. 25,000 first printing. Tour. IP.

Book Information

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Product Dimensions: 8.5 x 5.5 x 0.8 inches

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Average Customer Review: 4.5 out of 5 starsÂ [See all reviewsÂ](#) (60 customer reviews)

Best Sellers Rank: #928,247 in Books (See Top 100 in Books) #26 inÂ Books > Parenting & Relationships > Special Needs > Hyperactivity #1774 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies #10849 inÂ Books > Parenting & Relationships > Parenting

Customer Reviews

This book should be mandatory reading for any woman who is woefully disorganized. I was always the kid with the messy locker, messy desk, messy bedroom, who eventually evolved into the adult with the messy office and messy house, constantly losing pens and jewelry and keys and phone numbers and important papers, frequently depressed. Getting out the door was a major struggle -- I had to find my keys, find my purse, go back to turn off the stove & iron. Then I'd get to where I was going without my list, end up in the checkout line with my purse, but for some reason, it didn't contain my wallet, charge cards or any money (other than the three wadded up singles, change from yesterday's lunch). (The wallet would end up under my bed or sitting on the kitchen table or somewhere.) I'd show up at the gym without my sneakers; I once showed up for a beach vacation without the sunscreen and aloe vera I had purchased the day before just for the trip. I was (and probably still am) the poster child for disorganization, I felt defective for this, ashamed to have people at my home because of the mess. This isn't laziness or simple space-cadetness, it is CLASSIC ADD BEHAVIOR. Recognizing this is extremely useful in figuring out how to deal with all the fallout of the disorganization. I've also suffered from some debilitating depression over the years,

and I've attributed my disorganization to my depression. ("I'm too depressed to wash the dishes.") After reading this (and a few other books), I think it's the other way around. My disorganization and complete inability to sort things out, attributable to ADD, has led to depression. When my doctor first suggested ADD (in response to my concerns with depression), I was surprised.

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Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness)
Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder
ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It
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