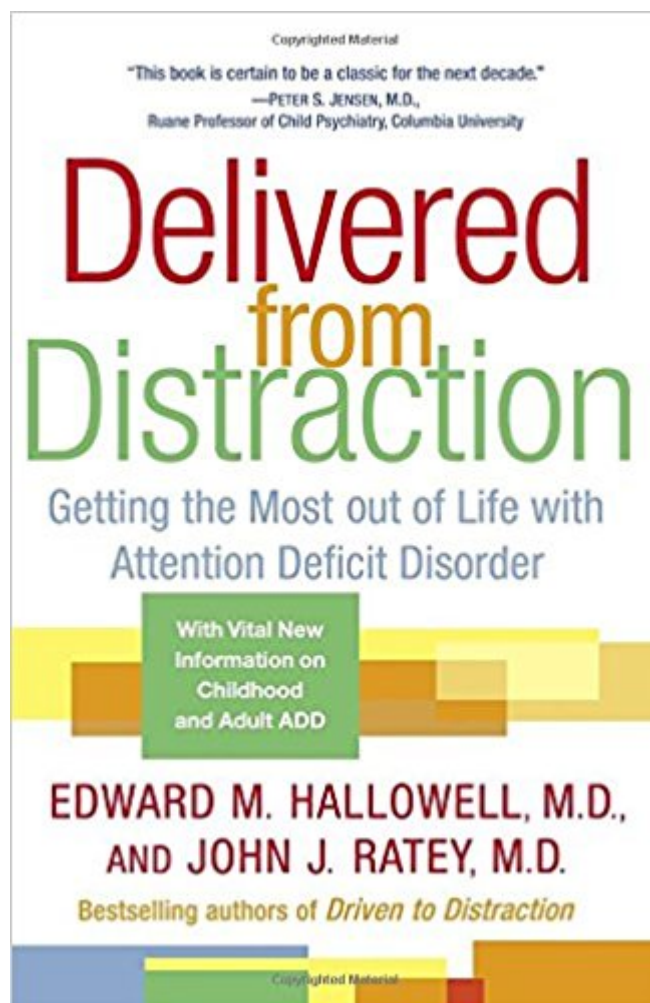


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Delivered From Distraction: Getting The Most Out Of Life With Attention Deficit Disorder



Synopsis

“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 will 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*

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Customer Reviews

Medication? Maybe. Marry the right person and find the right job? A must if you are an adult suffering from ADD (Attention Deficit Disorder). So say psychiatrists Edward M. Hallowell and John J. Ratey, authors of the influential *Driven to Distraction*, published in 1994. In their new book, *Delivered from Distraction*, Hallowell and Ratey survey the current medical landscape concerning ADD, combining their own clinical observations with the latest research to paint a much more complex and, in many ways, positive picture of the condition than has generally been presented. Hallowell and Ratey embrace the idea that success in life comes more from playing to your strengths than overcoming your weaknesses. In the case of a person with ADD (child or adult), these strengths often include unusually high levels of creativity, charisma, intelligence, and energy. The authors insist that, while medication and other treatments can sometimes work wonders in reducing limitations, surrounding yourself with people who promote these positive traits, be they in your personal or professional life, is the single most important element to living well with ADD. As both Hallowell and Ratey are not only experts in the field, but "ADDers" themselves, the tips and stories they share for how to do so are fresh, funny, and far more helpful than tired arguments over drugs verse no drugs or whether there's even such a thing as ADD at all.--Patrick Jennings

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This follow-up to the authors' 1994 manual, *Driven to Distraction*, has the advantage of personal testimony regarding adult Attention Deficit Disorder (ADD)--the authors themselves have ADD--as well as a very readable presentation of the latest research in the field. Defining ADD as a collection of traits, some positive, some negative, the authors intend to encourage those who

have this condition or are raising children with it and advise on how to maximize their abilities and minimize characteristics, such as procrastination, that may hinder them at school or work. In a comprehensive overview, Hallowell and Ratey provide a new screening questionnaire for adults and list methods that physicians, parents and educators can use to diagnose and treat the ADD child. Of primary importance to readers are the recommended steps for living a satisfying life with ADD; these include developing personal relationships and engaging in creative activities that will foster self-esteem. The authors also separate nutrition fads from what is known about how diet can affect brain functioning and discuss whether to take medication. Overall, this is an excellent resource. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

This is my new go-to reference. As an adult diagnosed with ADHD, I'm having a lot of A-Ha moments. This book is SO helpful in understanding why I do things and think the way I do. I think it's so awesome that Dr. Hallowell is ADD himself. He gets it! And when you call the Hallowell Centers, they mean what they say. I got a free consultation and set up with references in my area for ADHD specialists. Truly great organization. I really took to heart the SLIDE and SPIN chapters and realize now the gravity of ADHD...the good and bad...and how it effects every aspect of my life. Very informative but also easy to read. The first chapter is a summary of the important points wrapped up in a few pages...specifically for the ADHDer because the authors know we probably won't make it through the book. Love it! For anyone..parents, adults, spouses...this book is the bible of getting to know yourself or your loved one with ADHD. It's helped me talk to a few friends about ADHD and made them understand it better, as well as check to see if they have it. Get this book!

Very helpful and written to connect with a wide spectrum of people at different stages of the process of discovery. My favorite thing about it -- and why I feel I can recommend this book to so many people -- is that it does not fall prey to the tendency to label people. Rather, it takes a strengths and asset based approach, looking at the qualities of people with ADD as both strengths and also bringing some particular challenges that can be addressed, minimized/managed.

Dr. Hallowell's latest book is a gem. He gives concrete examples from the lives of people who suffer from ADD. After reading the book, I almost wish I had it. Clearly, it is often ancillary to the most gifted, creative minds. Not only is this book informative, but, at times, it is hysterically funny. (Take the personality test on page 44 on home life, if you want to fall to the floor laughing.) Larded within

the elegant prose and the scientific data, the warmth of Dr. Hallowell's own personality shines through. His view on life would seem to be: one can laugh or one can cry about the cards one is dealt. Clearly, he has decided to laugh through his tears.

Although I've suspected ADD in my husband for some time, I didn't expect to see my OWN life explained by a person I've never met. Dr. Hollowell knows us both. I can only hope that treatment has continued to evolve in a positive direction since this book was written. We both feel as though we've been thrown a lifeline. I began reading this book in a foggy haze of fear, confusion and anger during a weekend long conflict directly a result of ADD in my husband. So many light bulbs came on as I read! Now we both believe it's shining a light on a path forward. Thank you for writing this book.

Best book I've read on ADHD. Dr. Ratey gives a clear perspective on ADHD. Most importantly, he emphasizes having it is not a bad thing but a gift. It's only a negative when it has not been diagnosed and someone doesn't know how to properly manage it. It's also written in a way that a person with ADHD can read it (since most commonly ADHD minds have a hard time completing a book). It's also a great tool for spouses who are trying to understand it to be supportive of a spouse who has ADHD. It's given us hope as we are dealing with ADHD in our home.

Just what I was looking for! My six-year-old son was recently diagnosed with ADHD and through the process, so was I. At 47, I wasn't sure what that meant. The author states in the book, "If you have read this book, you likely know more than your doctor does about ADD/ADHD." I have shared it with colleagues at school (I am a teacher) and friends and neighbors. It has saved my marriage and helped in all my relationships. Adult ADD is not easily navigated, but this book has helped me move mountains--it really has changed my life!

Such a great insight to the ADHD mind. This book was recommended to my husband when he was first diagnosed and helped him understand more about himself and his diagnosis and how to develop a better pattern and lifestyle to cope. He had me read this book before we were married, so I knew what I was getting myself into. This book he helped me through tough times with my husband when I can't quite understand him.

Figuring out where to start describing to people the amazing information in this book about ADHD and ADD is nearly impossible. This book is the Bible for ADHD knowledge and hope for a better life.

I am a 46 year old male, that had slipped into constant depression, social anxiety and general anxiety disorder. I could understand why I had so many 'disorders.' I just kept telling my wife what is the common denominator that connects these dots. Then one day my wife, being the sweet and nurturing person she is gave me some constructive criticism one afternoon in our home after yet another argument about nothing. She said I was a very impatient person. Then I thought about all the times in my life I was impatient and there were numerous. So I googled impatient disorders and ADHD was at the top of the list. This is when I began my journey of self awareness and understanding of this condition. Once I was able to connect the symptoms with my own behavior over the years. I found FocusMD.com and went in and got tested. I was at the top of the range after several tests and diagnosed with severe ADHD. This was not the first book I got on it, but this by far has been the best book. Reading it has given me a name for my condition and personality traits, that from child hood always gave me the label of the black sheep of the family. Reading this book actually brought on tear of joy. Because the authors eloquently and thoroughly explain ME to Me for the first time and I feel hope and happiness for the first time in a long time. I could write a book myself but just remember, if you have anyone in your life, including yourself, that's 'crazy' this could be how you can better understand them.

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