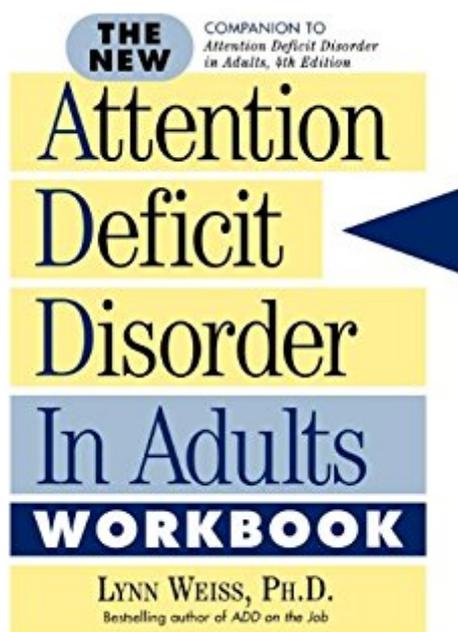


The book was found

The New Attention Deficit Disorder In Adults Workbook



Synopsis

Her workbook aims to emphasize practical steps for screening out distractions, planning and organizing tasks, and managing time. âDallas Morning News

Book Information

File Size: 1340 KB

Print Length: 286 pages

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Customer Reviews

This book is uplifting. Rather than focusing on ADD as a deficit, Weiss addresses it as a difference with some great benefits. So many of the other books take a deficit medical model view. This one is different in a way that I have found much more useful. I especially like the parts of the book where she talks about ADD (rather than the exercises). I'd have given it five stars, but I did not find the exercises helpful, especially how they're laid out (too spread out and not condensed enough to make them easy to focus on). No matter what, the book is WELL worth it for how Weiss talks about ADD as a positive.

This is a book with helpful information. Whether the problem is accutually ADD or anxiety or some other issue, the solutions presented make sense. They are simple skills most of us could use whether we have ADD or not. Diagnosis should probably be left to a professional but the diagnostic

information was helpful too.

I appreciate this workbook. It gives me something solid to work on in a focused manner. I have also learned so much as I move through the chapters and each issue that has been a life-long struggle. Highly recommend.

This workbook hones in on many of the issues that plague us, especially in the workplace. The fact that Dr. Weiss also wrote, "Add on the Job," is a clue as to the major focus of this workbook. Even for those of us who are retired it can be of great value. I have started working through it with my therapist and find it extremely helpful. I would, however, like to find a similar workbook less focused on the work place.

Have just begun to read and use Workbook, but can tell that it was written for people like (just a moment) me! I'll probably give it a 5 star (Wait a minute please) rating by the time I'm finished.
Thanks Lynn Weiss

I found the book too difficult to follow. She has some great ideas, but needs a better way to present them to an audience that has difficulty staying focused.

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The New Attention Deficit Disorder in Adults Workbook Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness) Attention Deficit Disorder in Adults: A Different Way of Thinking ADHD: Attention-Deficit Hyperactivity Disorder in Children and Adults Scattered Minds a New Look At the Origins and Healing of Attention Deficit Disorder Stuck on Fast Forward: Youth With Attention Deficit Hyperactivity Disorder (Youth With Special Needs) ADHD: Parenting a Child or Teen With Attention Deficit Disorder: Signs, Symptoms, Causes & Treatments (Treat ADHD & ADD Without Medication Books) Getting Rid of Ritalin: How Neurofeedback Can Successfully Treat Attention Deficit Disorder Without Drugs Making the Grade With ADD: A Student's Guide to Succeeding in College With Attention Deficit Disorder ADD and the College Student: A Guide for High School and College Students with Attention Deficit Disorder ADHD Diet for Kids: Brain Food to Help Your Child Fight Symptoms of Attention Deficit Hyperactivity Disorder Understanding My Attention-Deficit/Hyperactivity Disorder Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder Attention Deficit Disorder: A Different Perception ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They

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