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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 Edward M. Hallowell, M.D.

Driven To Distraction Unabridged

**Guillaume Dubois, Ernest Christopher
Dowson**

Driven To Distraction Unabridged:

Driven to Distraction (Revised) Edward M. Hallowell, M.D., John J. Ratey, M.D., 2011-09-13 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

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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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Edward M. Hallowell,1994

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In a global eaten by monitors and the ceaseless chatter of fast communication, the melodic beauty and emotional symphony created by the written term usually diminish in to the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. However, set within the pages of **Driven To Distraction Unabridged** a marvelous fictional value overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this captivating masterpiece conducts visitors on a psychological trip, well unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching assessment, we shall discover the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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