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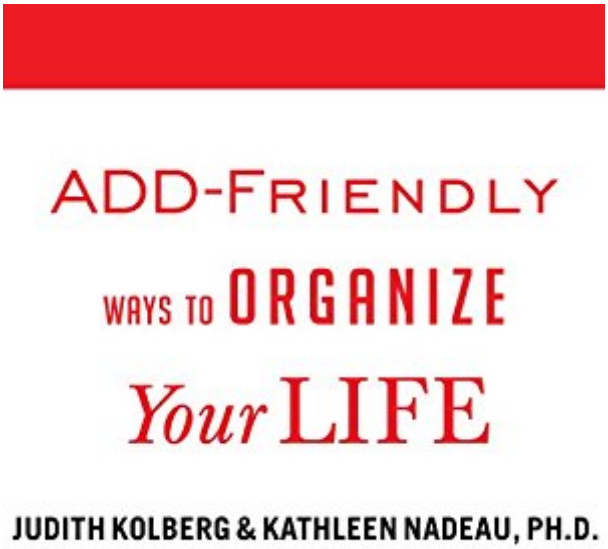
ADD-Friendly Ways To Organize Your Life



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Synopsis

From authors Judith Kolberg and Kathleen Nadeau comes an essential guide to organization written with the unique needs of ADD sufferers in mind. Here are strategies that work from a professional organizer and a renowned ADD clinician. Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process, often making their advice irrelevant or frustrating when put into practice. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale. This is a book that has ADD-friendly advice with the ADD-er in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields: professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to using the help of non-professionals or professional assistance. Thus it permits the listener to decide where they are personally in the organizing process and what level of support will be most beneficial to their unique situation.

Book Information

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Customer Reviews

I stopped reading this book early on because I thought the book was far too simplistic. I have ADHD, yes, but am an intelligent human being as well. Additionally, this book was so poorly organized that it was difficult to use it as a reference for my bigger challenges. Not recommended.

UNLIKE many other books on ADD, this book is written to actually help you find and implement the

practical and easy compensatory means by which to overcome the many difficult and dis-abling hardships to function normally in everyday society. Many other books I've attempted to read have provided much insight into what ADD is, why it is so misunderstood by both professionals able to treat those with ADD, as well as the general population at large, and also give a better understanding to the reasons how and why ADD affects your entire life so dramatically.This book takes it a HUGE step further, and most of the book is dedicated to showing you specific techniques to self-coach and council yourself to over-come the crippling effects of this frusterating mental disorder. I have ADD very severely, and this is the first book I've come across which offers this sort of practical self coaching, as well, it is definitely written in such a way that it is a very easy read for adults with any type of ADD or AD/HD.Currently I have no means to pay for an ADD coach or conselor, and this book has more than sufficed for what a very expensive ADD coach or conselor would cost me.

I'm only half way through the book, but with every chapter I read I say to myself "that sounds exactly like me!" I'm impressed by the insight and collective wisdom of the authors. Some of the techniques I've come up with on my own, but the book is filled with great ideas that give me hope that some day my life can be better! This is absolutely the best book on ADD I have ever read because it has practical steps that can be taken immediately to improve one's life and begin the process of organizing.

I have many books on ADD but this is the only one I've found that actually describes ADD behavior in detail. I have so many quirky behaviors and they are all described in this book. I had many "that's me" moments. I do not believe there is a book that describes ADD behavior as thoroughly as this book.This book also has helpful information/ideas/tips/steps on how to work with your ADD behavior in order to organize/control/improve/function better.I wish I had found this book earlier. All the other books I have are so disappointing taught me very little I didn't already know. They all describe ADD behavior in broad terms. I wanted to find detailed descriptions of ADD behavior. I find it hard to describe some of my quirkiness to family or friends. At one point, while reading about completing tasks, I called my dad and read the chapter to I think he finally understood, after all these years, why I sometimes have difficulty doing what seems so easy/obvious to others.I am so happy I found this book. If you want to read about ADD, ADD behavior and learn how to work with ADD behavior, this is the only book you need.

I bought this book several months ago because I wanted to see if in fact it was as good as everyone says. It is! I have ADHD (I'm still a little in denial) and I find it to be a great start for dealing with your ADHD and getting going on a project or two. After reading it each night a few minutes before I go to bed, I find it comforting to know that I am not alone and that I am not a loser cause I have piles of papers I feel I "need to keep just in case". I rated it 4 stars because I cannot imagine anyone who would help me get strated cleaning out my papers (as the book suggests on almost EVERY PAGE... "If you need help, ask someone.." and "If you can't do this or that ask someone for help.." or hiring a professional organizer What??? Who has that kind of well-organized finances and money, probably doesn't have ADHD or has money to burn that is provided by someone else. SOOOOO, I am still on the look-out for the one book that can help me with my paper clutter and my collections of books... BUT I at least realize my papers are a problem...Just Maybe! :)

Just getting into the book, but it has blown me away already, sharing the info along the way, and incorporating ideas into my own life!So many with any level of attention deficit, feel pressured by others to change who they are and they feel like failures, because they can't meet those expectations.This book works with us just like the title implies, i will use this information over and over!

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