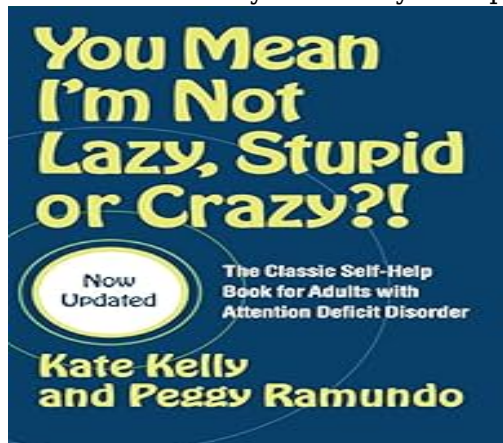


You Mean Im Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder By Kate Kelly It helped me understand so many 480 pages



This book has been extremely helpful it gives a good semi scientific explanation about ADHD and integrates practical ways of navigating life as an (female) diagnosed OR undiagnosed adult. Would love to see an updated version with a technology focus (we do everything online 480 pages Packed with great information but I've had this book for well over two years now and I haven't been able to read past chapter 4 because of my adhd. 480 pages I have not finished reading this book yet (or read it from the beginning).

Kate Kelly is a clinical specialist in psychiatric nursing who leads therapy groups for ADDults. I got tested and lo and behold in on my to understanding why I 480 pages I kept waiting to find actually helpful things in this book I thought it would be validating and help give me ways to cope and handle my executive dysfunction low self esteem rejection sensitivity emotional dysregulation and focus/organization. This 480 pages An updated edition of the classic self help book for people with Attention Deficit Disorder!With over a quarter million copies in print You Mean I'm Not Lazy Stupid or Crazy?! is one of the bestselling books on attention deficit disorder (ADD) ever written. But what do you do if you have ADD and aren't a child any? This indispensable referencethe first of its kind written for adults with ADD by adults with ADDfocuses on the experiences of adults offering updated information practical how tos and moral support to help readers deal with ADD. Here's what's new: The new medications and their effectiveness The effects of ADD on human sexuality The differences between male and female ADDincluding falling estrogen levels and its impact on cognitive function The power of meditation How to move forward with coaching And the book still includes advice about: Achieving balance by analyzing one's strengths and weaknesses Getting along in groups at work and in intimate and family relationshipsincluding how to decrease discord and chaos Learning the mechanics and methods for getting organized and improving memory Seeking professional help including therapy and medication You Mean Im Not Lazy Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder.

, It just can't hold my attention and unfortunately wasn'tavailable on audible. She lectures widely and is a featured presenter at most major ADD conferences, Could have been laid out effectively in smaller chunks with illustrations to accommodate short attention spans. 480 pages I love this book! Reading it is so affirming for me as it describes my experiences with undiagnosed ADD, There is comfort in knowing I'm not alone going through this and that my brain is wired differently than others. Doesn't mean it's all bad there's positives to having 480 pages This book is a must for those adults with ADD and the people around them: If someone in your life has adult ADD or you suspect it please read this book: It will offer a window into their mind but it has been wonderfully helpful in general: Having been diagnosed at 21 I came a little late to the party: The authors offer a very in depth look at possible problems associated with ADHD so 480 pages This book has been like a beacon for me, I kind of suspected that I was suffering from ADHD but no doctor would recognize it: After reading the stories and the studies in the book I found myself in much of it, There is a great

deal of literature about children with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory lack of concentration or impulsive behavior[1]

And what it's like to be this way. It did not