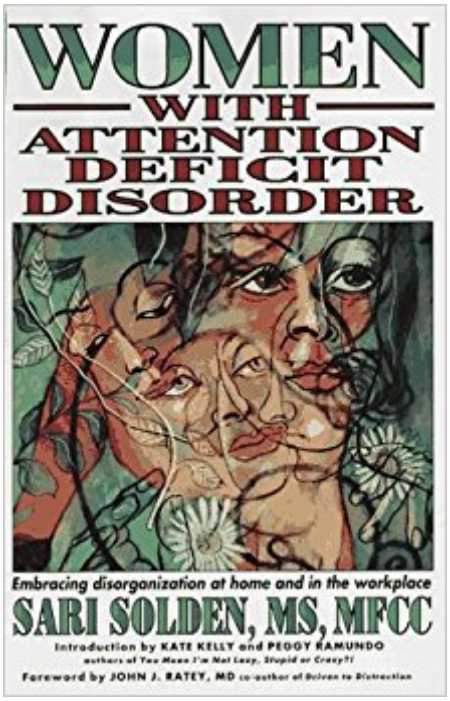
Ebook Directory
the best source of ebook

The book was found

Women With Attention Deficit Disorder: Embracing Disorganization At Home And In The Workplace



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Offers proof that ADD affects as many women as men and shows women how to detect its symptoms, what special challenges they will face, what to expect from treatment, and how to live with the ailment. Original. 25,000 first printing. Tour. IP.

Book Information

Paperback: 288 pages

Publisher: Underwood Books; 1 edition (October 1995)

Language: English

ISBN-10: 1887424059

ISBN-13: 978-1887424059

Product Dimensions: 8.5 x 5.5 x 0.8 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars 60 customer reviews

Best Sellers Rank: #273,914 in Books (See Top 100 in Books) #6 inÃ Â Books > Parenting & Relationships > Special Needs > Hyperactivity #789 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies #3824 inÃ Â Books > Parenting & Relationships > Parenting

Customer Reviews

By examining the interplay between genetics and environment, Sari Solden has broken new ground in Women With Attention Deficit Disorder. -- John J. Ratey, MD, co-author Driven to Distraction

This pioneering book explains that ADD is an equal-opportunity disorder that affects just as many women as men.

I had known for a long time that I have ADHD, but never received proper treatment. Even after all the research I had done on my own, this book helped me to understand parts of me I could never figure out. This book also provides effective, non medicinal strategies and techniques for managing my ADHD. Also, I should mention that because of my ADHD I am not a reader. I bought the audio book and would listen to it in my car on my way to work. I had to re-listen to it a few times because of my tendency to "zone out", but I absolutely recommend the audio book over reading the book to anyone who struggles with reading like I do.

Thank you Sari Solden for writing this book. I recommend it to all my women clients and parents of girls who come to me for diagnosis and treatment of their A.D.D. Besides having all the basic information for people learning about A.D.D., it deals with the often unmentioned emotional effects this disorder can have on girls and women. It provides sound suggestions for growth and change to improve the lives and relationships of women.

An excellent book to help women with ADHD understand themselves better, and learn to accept themselves more with all the challenges their ADHD brings.

Fits me to a tee

Thank you for putting this book on audio! A counselor asked me to read this specific book. Well, with low attention A.D.D. - I had the book for months and just could not get through it. Then I found this audio on . I listen to it in my car while running about town. Perfect. Love it. I understand why it was so important to my counselor that I learn this information!!!

I only gave this book 4 stars because it isn't for everyone, IF you already know about your disorder and why you do the things you do I would not recomend it. Although it is great for people who need to know more about ADD without Hyperactivity and I think it is wonderful that is is being addressed since I have that particular ADD I think it is great for my husband to read or my family so they can better understand me. The problem is is that I know my problems I was seeking help and didn't find it just another book telling me whats wrong with me and not how I can better myself. Although the book made great points it was very hard to follow and I skipped around a LOT because there was nothing to hold my interest and for a book FOR people with this disorder it seems to be more readble for someone without it.

I read to book at the request of a good friend diagnosed with ADD. I was skeptical at first, but the book clearly outlines the problems without being sensationalistic or overly sympathic. I can see that I need to change my behavior. In some ways I was putting my friend in an untenable situation.

I thought I had already reviewed this book but wanted it to be said the book is great reading. Any woman who has ADD needs to read this book, as it is very informative.

Download to continue reading...

Women with Attention Deficit Disorder: Embracing Disorganization at Home and in the Workplace ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) Tictionary: A Reference Guide to the World of Tourette Syndrome, Asperger Syndrome, Attention Deficit Hyperactivity Disorder and Obsessive Compulsive Disorder for Parents and Professionals Disorders or Gifts?: My Journey through life managing Tourette Syndrome, Obsessive Compulsive Disorder, and Attention Deficit Disorder Women With Attention Deficit Disorder: Embrace Your Differences and Transform Your Life 100 Questions & Answers About Attention Deficit Hyperactivity Disorder (ADHD) In Women And Girls Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized ADD and the College Student: A Guide for High School and College Students with Attention Deficit Disorder Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness) Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood Scattered: How Attention Deficit Disorder Originates and What You Can Do About It Attention Deficit Disorder: The Unfocused Mind in Children and Adults Overload: Attention Deficit Disorder and the Addictive Brain Maybe You Know My Kid: A Parent's Guide to Identifying, Understanding and Helping Your Child With Attention-Deficit Hyperactivity Disorder Making the Grade With ADD: A Student's Guide to Succeeding in College With Attention Deficit Disorder Understanding My Attention-Deficit/Hyperactivity Disorder You Mean I'm Not Lazy, Stupid or Crazy?: A Self-help Audio Program for Adults with Attention Deficit Disorder You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder The New Attention Deficit Disorder in Adults Workbook

Contact Us

DMCA

Privacy

FAQ & Help