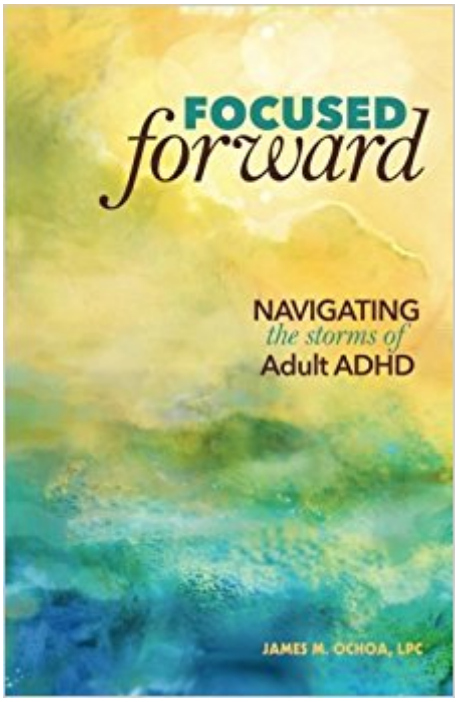
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Focused Forward: Navigating The Storms Of Adult ADHD



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Synopsis

In Focused Forward: Navigating the Storms of Adult ADHD, author and self proclaimed Ã¢â ¬Å“ADHD-erÃ¢â ¬Â• James M. Ochoa, LPC goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers backÃ¢â ¬â •the emotional fallout of ADHD. He helps readers identify, manage and alleviate symptoms of a PTSD-like condition he calls the Emotional Distress Syndrome, with practical, proven advice including: Understanding the link between ADHD and emotional distress What Emotional Distress Syndrome (Ã¢â ¬Å“EDSÃ¢â ¬Â•) feels like How to construct an Emotional Safe Place How to recruit your own Mental Support Group Eight essential tools to help you cope And more... With wisdom, humor, and plenty of (sometimes painful) empathy, Focused Forward will help adults with ADHD move past the pain and shame toward a future full of possibility, balance and joy.

Book Information

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Customer Reviews

Ã¢â ¬Å“Focused Forward gets it! If you or someone you care about has the adult version of ADHD, read this book. Written by a man whoÃ¢â ¬â„¢s worked in the trenches his whole career, this book is full of practical tips as well as a deep understanding for what this widely misunderstood condition is truly like. A hugely valuable contribution to the treatment of adult ADHD.Ã¢â ¬Â• --Edward M. Hallowell, M.D., New York TimesÃ¢â ¬â œbestselling author of Driven to Distraction

Ã¢â ¬Å“James OchoaÃ¢â ¬â„¢s new book, Focused Forward: Navigating the Storms of Adult ADHD is very moving, easy to read, and reflects the obvious depth of the authorÃ¢â ¬â„¢s clinical

experience. This book could only have been written by someone who has spent many years successfully guiding adults to navigate the complex storms of adult ADHD. This book is a rare combination of warmth, wisdom, and innovative tools that can sooth the ADHD soul! I have already started recommending this book to my clients! Mr. OchoaÃ¢â ¬â„¢s ground-breaking concept of the Emotional Distress Syndrome profoundly affects countless adults with adult ADHD and now gives clinicians and adults a previously missing but critical understanding that can lead to healing the wounds of the accumulated assaults of growing up with ADHD.Ã¢â ¬Â• --Sari Solden, MS, LMFT, bestselling author of Women with Attention Deficit Disorder and Journeys Through ADDulthood Ã¢â ¬Å“Finally, a book that gets to the heart of the matter! James Ochoa breaks the silence and brings a voice to possibly the most devastating and misunderstood aspect of ADHDÃ¢â ¬â •the emotional distress. He offers practical tools and coping strategies to help people with ADHD close the gap between surviving and thriving. This book is a must for people with ADHD, their loved ones and their helping professionals!Ã¢â ¬Â• --Nancy A. Ratey, Ed.M., MCC, bestselling author of The Disorganized Mind Ã¢â ¬Å“If youÃ¢â ¬â„¢ve struggled to make sense of your adult ADHD brain, Focused Forward: Navigating the Storms of Adult ADHD is the ownerÃ¢â ¬â„¢s manual youÃ¢â ¬â„¢ve been waiting for.Ã¢â ¬Â• --Christie Sprowls, Psy.D Ã¢â ¬Å“James Ochoa has a unique perspective on the emotional stress of ADHDÃ¢â ¬â •he has the disorder himself and heÃ¢â ¬â„¢s spent his career working with ADHD adults. I believe thereÃ¢â ¬â„¢s a tremendous need for this book, Focused Forward: Navigating the Storms of Adult ADHD. As a cognitive behavioral therapist, IÃ¢â ¬â„¢m no stranger to patients who can describe the emotional distress of ADHD in vivid personal detail, without knowing what itÃ¢â ¬â„¢s called, let alone how to address it. Indeed, as far as I know, James Ochoa is the first clinician not just to identify this all-too-common syndrome, but to brainstorm unique fixes. The techniques and stories in this book will serve as a valuable adjunct to cognitive therapy making it invaluable to patient and therapist alike. If you strive for emotional health, pick up this book!Ã¢â ¬Â• --Lawrence P. Bachus, Ph.D. Ã¢â ¬Å“From a firm grounding in neurobiology and sound clinical experience, James Ochoa, LPC, has created a masterful toolkit for those with Adult ADHD, their loved ones and the therapists who work with them. With endearing candor and warmth, James ignites compassion and hope with practical tools for healing. I have already applied these non-pathologizing principles with my clients with gratifying results. Focused Forward is a treasure.Ã¢â ¬Â• --Lucy Griffith, Ph.D.Ã¢â ¬Å“James OchoaÃ¢â ¬â„¢s book is a wonderful resource not only for adults with ADHD, but also for those who love and work with them. As with any chronic condition, ADHD can have a profound effect on emotional well-being. Mr. Ochoa aptly demonstrates the corrosive effects ADHD has on emotional

functioning. He is not content simply to identify the challenges of ADHD for adults, but goes on to provide immediately useful and practical strategies for successfully managing ADHD. Focused Forward is a welcomed resource full of practical guidance.Ã¢â ¬Â• --Gary Yorke, Ph.D., Founder, Austin Behavioral Health Center Ã¢â ¬Å“James OchoaÃ¢â ¬â„¢s breakthrough methodologies have turned a weakness into strength for adults with ADHD. His insights and techniques have helped creative people and entrepreneurs achieve their potential. He has written a very engaging book which is easy to digest and simple to follow. YouÃ¢â ¬â„¢ll learn how the ADHD brain works and more importantly, how to use ADHD to your advantage. What makes this book so important are the concrete steps James outlines to help people with ADHD be their best. Focused Forward: Navigating the Storms of Adult ADHD provides a new, unique treatment for adults with ADHD. It is a must read.Ã¢â ¬Â• --Doreen Lorenzo, Co-Founder, Vidlet, Past President, frog design and Quirky Ã¢â ¬Å“The tools in this book are what I have been looking for ever since I was diagnosed with ADHD. I have used most of the techniques for dealing with the external world. They have all helped but only to a point. I was missing the techniques for dealing with my internal world but could not find them, until now. I dove into the middle of the book as James suggested for someone like me and found techniques that I was able to immediately put to use. I look forward to integrating these ideas into my life and passing them onto my clients. It is my personal opinion that this book could also be valuable to those that are not ADHD but are being stressed by the hectic modern world we live in. That could be just about anyone!Ã¢â ¬Â• --Tom Viets, ADHD Life Coach Ã¢â ¬Å“As a classroom teacher, reading specialist and dyslexia therapist for the past 30+ years, I have taught and experienced numerous students with ADHD. Focused Forward: Navigating the Storms of Adult ADHD was quite enlightening and informative for me because it helped me understand this disorder at a deeper level. As I read the book, many of my past and present students came to mind and what they go through as a person with this disorder. It will be a book of reference for me and I have even implemented a few of the strategies with some of my students and the response was very positive. I feel a much stronger compassion for these students now.Ã¢â ¬Â• --Mary Cook, Academic Language Therapist at Rawson Saunders School in Austin, TXÃ¢â ¬Å“Focused Forward: Navigating the Storms of Adult ADHD by James Ochoa is a small, but powerful book that will change lives for those with ADHD and their significant others who read it. The style of writing is extremely user-friendly with each section flowing seamlessly into the next. It is full of valuable information about the diagnosis of ADHD, particularly for adults, along with practical and relevant strategies that can be of immediate help to those persons struggling with the emotional impact of ADHD in their lives. The uniqueness of this book is the very personal and authentic stories that the

author, himself a therapist, shares of his own struggles in living his life with ADHD, stories that will resonate with and touch the hearts of all who read it. Focused Forward is a much-needed and important addition to the resources available on ADHD.Ã¢â ¬Â• --Rona Pogrund, Ph.D., Professor, Texas Tech University, College of Education-Special Education Program Ã¢â ¬Å“Insightful and plain spoken, this book goes to the heart of what can be the crippling self-doubt and self-sabotage of adult ADHD. The analogy in the title to a Ã¢â ¬â„¢stormÃ¢â ¬â„¢ is very powerful image for the ADHD individual who has often struggled for years. The diagnosis of Emotional Distress Syndrome captures that overwhelming sense of private hopelessness with a public face that is maintained to attempt functioning with a crippling emotional distress.Ã¢â ¬Â• --Kern Vanderburg, Business Development Professional

James Ochoa, a native Texan and Licensed Professional Counselor, is a therapist, writer and speaker who investigates the conundrums, challenges and rewards of adult ADHDÃ¢â ¬â •all of which heÃ¢â ¬â„¢s experienced first-hand, being a diagnosed Ã¢â ¬Å“ADHD-erÃ¢â ¬Â• himself. He is founder and director of the Life Empowerment Center in Austin, Texas, where he sees clients in group and private sessions and offers trainings for his peers in the mental health world. Equally grounded in neuroscience and intuition, his personal brand of therapy is uniquely empathetic, often transformative. He lives in Austin with his wife Edie Vitemb and their dog Taz, a rescued brindled mix breed. They have two sons, Gabe and Jules.

Discovering you have ADHD as an adult is at once incredibly relieving and completely disorienting. It’s the mother of diagnoses-- now everything makes sense, but you have no idea what to do about it.Well, it turns out that unless you deal with the emotional disruption of ADHD (i.e., how you seem to magically blow up your life every so often with mystifyingly inexplicable behavior and mistakes...and the accumulated stress and anxiety that produces), you’re not going to get very far with anything else.This book offers real solutions to help adults deal with the emotional issues that can be the most pernicious aspect of this otherwise kind-of-wonderful way of being.

I was diagnosed with ADHD after the birth of my second child when I was 35. I had spent my life knowing I was smart but I just couldn’t seem to put all the pieces together and spent so much time wondering what was wrong with me. I couldn’t find my car keys, my glasses, the TV remote, my (fill in the blank) and every time I couldn’t find said object I felt like more and more like a failure. I kept asking myself: what is wrong with me? This is so simple, why can’t I just do this and get it over with.

Along comes James and Focused Forward. I admit, I was skeptical at first: Emotional Safe Place? Mental Support Group? Isn't this stuff that I was supposed to have gotten over when I became an adult? Boy was I wrong! This is the best way I can describe the difference between me pre Focused Forward and post Focused Forward: I had a really rough morning today. My 6 year old son (also ADHD) had a meltdown over what he was having for breakfast, while my 9 year old daughter (also ADHD - yes our house is in a constant state of chaos) needed to be reminded to to get her glasses, turn off the lights, etc. By the time we get to school (on time, which is rare), I'm working with my son to get him in a space to be his best that day. Talk about a storm! Finally everyone is ready and I'm back in the car heading to work, and I reach over to my backpack to grab my ADHD meds (they really work for me) only to realize that I've shut one of the straps in the passenger door and of course my backpack was unzipped and now everything in there is falling on to the passenger seat. This is the moment. I start to fall into an old pattern of shame and guilt and failure, but instead I said to myself "Well, this has been an interesting morning, I didn't expect this when I woke up today" It's that survival vs. thrival that so many of us deal with, and that is why Focused Forward and the techniques James Ochoa has laid out are so powerful.

The author truly understands how I feel because he has been there/is there himself. The way he describes the experiences of ADHD made me feel like I'm OK, not a freak and perhaps I even have a chance at a fulfilling life. He offers practical things to do to help oneself but also points us in the direction of more help such as with EMDR therapy which I am now very seriously considering. I'm grateful for this book!

I will probably update this review as I haven't even finished the book yet.I will say, however, that I am very glad this book came out.I have had ADHD since I was a kid in the 70's. I am a female and was one of the early ones diagnosed with ADD officially in 1978. I was prescribed the usual Ritalin and then Dexedrine etc... but I have lived with an awareness and struggle my entire life that my brain worked differently.My emotions are like a tempest most days. I have had a few moments where I felt "normal" then spiraled back out. Over the past few years I have dealt with some seriously stressful LIFE situations that have pushed me to the edge. (Death of my mother and my stepfather buying and selling properties, making major changes in my life. In retrospect I probably should have backed off but I felt societal pressure to take these challenges to shift my life to get out of my rut... and it has almost broken me at times. This additionally hasn't help me feel stronger.. but rather more broken as I feel truly worried I will not be able to weather the storm. I started reading

this book and I said to myself "wow, I am not alone"I broke down and started taking medication again a couple of years ago or so (after doing somewhat ok without medication) but with all the changes and shifts and pressures I couldn't do it. Yet all my efforts to try and manage my adult life and "perform" as others do so naturally has really shaken me to my core.I will try and write an update as I read further into the book.I will say, however, that I Have done EMDR with a clinician and I o feel it was helpful. I would have liked to continue that process. It clicked for me as well when the author mentioned that these storms are like PTSD!!!. OMG I completely feel like that. I feel like struggling everyday and my "failures" despite all my best efforts have crippled me and I honestly feel so flinchy at any new development or crisis no matter how small. I feel on edge and honestly like I am under PTSD. I don't enjoy life at all much anymore I am too scared that something bad will happen.I have also meditated and yes, it helps. However, you have to honestly have TIME and SPACE to do that.. My life has not been open to that and I have yet again FIGHT to claim that space for myself.Having ADHD isn't a "gift" for me. Especially living in a society and culture that rewards risk and PERFORMANCE over gentle slowness and peace.There still isn't much sympathy for the condition. You have it.. take meds.. or "try harder" (gods how many times have I heard that). NO ONE knows how hard I try.. and they just believe I don't. It sucks.I look forward to more of this book.

I am a mother of a 19 year old son who was diagnosed with ADHD at the age of 14. For years, I have been searching for someone who really gets it and I believe James does just that. Not only does he offer a clear understanding of what ADHD is and how it affects people, James dives deeper into the emotional distress it causes from dealing with the unique challenges day in and day out. There is no easy fix but with compassion, persistence, and good support there is a way through.Thank you, James. Your book is truly a gift to the ADHD community.

Easy reading ! Great for someone with inattentive add! Thanks for addressing the problem that is suppose to go magically away when you turn into an adult? Book includes hope, suggestions, practical reasoning and the author's own journey with ADHD.

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