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Delivered from distraction pdf

In 1994, Driven to Distraction triggered a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book sold over a million copies. Now, a second revolution is underway in the ADD approach, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even how we define the disorder – all are changing radically. And doctors are realizing that millions of adults suffer from this condition, although the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on driven to distraction advances to provide a comprehensive and fully up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, attention deficit disorder is a highly misleading description of an intriguing type of mind. Original, charismatic, energetic, often brilliant, people with AD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Expressly adapted to add learning styles and periods of attention, Delivered from Distraction provides accessible and engaging discussions of all aspects of the condition, from diagnosis to the search for the appropriate treatment regimen. Inside you'll find out: if ADD works in families- new diagnostic procedures, tests and assessments- the links between AD and other conditions- how people with AD can unleash their talents and internal strengths- new drugs and how they work, and why they're not for everyone- exciting advances in non-pharmacotic therapies, including diet changes, exercise and lifestyle- how to adapt the classic twelve-step program to treat ADD- sexual problems associated with ADD and how to solve them- strategies to deal with procrastination, disorder and chronic forgetfulness It is a characteristic, a way of living in the world. It only becomes a disorder when it harms your life. Featuring exciting profiles of ad patients who have triumphed, Delivered from Distraction is a wise and loving guide to releasing the positive energy that all people with ADD have inside. If you have AD or care about someone who does, this is the book you should read. According to Edward Hallowell, M.D., and John Ratey, M.D., authors of the bestselling Driven to Distraction and Answers to Distraction, the 1990s were dubbed the brain decade because so much innovative research was done. It was easy for these DDA experts to use this science as food for their new book. Delivered from Distraction: Getting the Most Out of Life with Attention Deficit. The book is aimed at adults with ADHD, as millions of people, especially adults, have the condition, but do not know it and therefore do not receive help for it. There are chapters on Sex and ADD What kind of Mate is best if you have ADD? and a list of helpful tips for adults on the go. Hallowell and Ratey, both of whom ADD, get to know their audience. They recognize that many people with ADD simply do not read and this is also the problem of this book; it's a book! Then they offer an introductory chapter, The Skinny on ADD: Read This If You Can't Read the Whole Book. It quickly and accurately informs readers about the latest thought and treatment for ADD. Audiocassette and audio CD editions are perfect for aural students. The authors develop new and, in some cases, controversial methods and treatments. These include QEEG (Quantitative ElectroEncephaloGram), which measures brainwave patterns; the SPECT (Single Proton Emission Computed Tomography) scan, which assesses blood flow in the brain; nutritional supplements; and cerebellar stimulation, exercises for the brain that Hallowell believes helped his son embrace reading. More inspiring than the science of diagnosing and treating AD/HD is the belief that the condition is a potential blessing – with an emphasis on the potential of the word. The goal is to carve the AD/HD into a blessing. The book advocates illuminating a person's hidden forces and potential talents – finding buried treasure. Hallowell and Ratey offer a five-step program to allow the individual to build their strengths [see Five Steps to a Joyful Life, right] However, you dive into Delivered from Distraction – such as a longer reading or to choose some of the tips – you'll profit from the advice you offer. The authors' message is clear: No matter how old a person is, if they have AD, they have more talent than she thinks she has... . Take ADD for what it is: an opportunity to make life better. Updated november 2, 2019 Tags: focus, treat adults If you read only one book on attention deficit disorder, it should be delivered from distraction. -- Michael Thompson, Ph.D., bestselling co-author of Raising Cain's 1994 New York Times. Driven to Distraction sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book sold over a million copies. Now, a second revolution is underway in the ADD approach, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder- everyone is changing radically. And doctors are realizing that millions of adults suffer from this condition, although the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on driven to distraction advances to provide a comprehensive and fully up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, attention deficit disorder is a highly misleading description of an intriguing type of mind. Original, charismatic, energetic, often brilliant, people with AD have and extraordinary gifts embedded in their highly charged but easily distracted minds. Expressly adapted for ADD ADD learning styles Periods of attention, Delivered from Distraction provides accessible and engaging discussions of all aspects of the condition, from diagnosis to the search for the appropriate treatment regimen. Inside you will find out – if ADD works in families – new diagnostic procedures, tests and assessments - the links between add and other conditions - how people with AD can release their talents and inner strengths - the new drugs and how they work, and why they are not for everyone - exciting advances in non-pharmaceutical therapies, including changes in diet, exercise and lifestyle - how to adapt the classic twelve-step program to treat ADD - sexual problems associated with ADD and how to solve them - strategies to deal with procrastination, disorder and chronic add forgetfulness is a trait, a way of living in the world. It only becomes a disorder when it harms your life. Featuring exciting profiles of ad patients who have triumphed, Delivered from Distraction is a wise and loving guide to releasing the positive energy that all people with ADD have inside. If you have AD or care about someone who does, this is the book you should read. Praise for Distraction Delivered The definitive source of information on attention deficit disorder. — Harold S. Koplewicz, M.D., director of the Child Study Center, New York University School of Medicine A deeply wise and truly useful book, written with frankness, humor and tremendous empathy. --Perri Klass, M.D., co-author of Quirky Kids Delivered from Distraction is just the it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the latest information about AD to homes and hearts everywhere, conveying the growing scientific information with humor, hope and clarity. As the authors point out, ADD does not need to be a sentence for second-hand status. The ADder who listens to his wise and practical lifelong counsel will make the most of his talents. This book will certainly be a classic for the next decade. — Peter S. Jensen, Physician, Professor ruane of child psychiatry, director of the Center for the Advancement of Child Mental Health, Columbia University/New York State Psychiatric Institute If you read only one book on attention deficit disorder, it should be delivered from distraction. No psychiatrist in America has thought more deeply about the ADA than Ned Hallowell and John Ratey, and no one writes about it with more feeling, understanding and accuracy. Most importantly, Hallowell and Ratey share their wisdom about living a good life with ADD. What an optimistic and useful book! — Michael Thompson, Ph.D., New York Times bestselling co-author of Raising Cain Edward Hallowell wrote a comprehensive and easy-to-understand book about ADD. This is clearly the definitive source of information on Attention Deficit Disorder. — Harold S. Koplewicz, M.D., Director of the Child Study Center, New York University of Medicine A deeply wise and truly useful book, written with frankness, humour and tremendous tremendous As a pediatrician, I've been recommending Driven to Distraction to parents for many years, and this new book brings the fully updated reader into a rapidly changing field, combining important information about the science and treatment of AD with powerful advice on how to get through life, succeed in life, and enjoy life. — Perri Klass, M.D., co-author of Quirky Kids What is unique and particularly valuable in Hallowell and Ratey's approach is the hopeful, insistently repeated message that 'at the heart of ADD is a bonanza of wonderful qualities', and that in treatment, these strengths and talents can and should be identified and developed. — Charles Magraw, M.D., former president of the Boston Psychoanalytic Society and Institute Institute

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