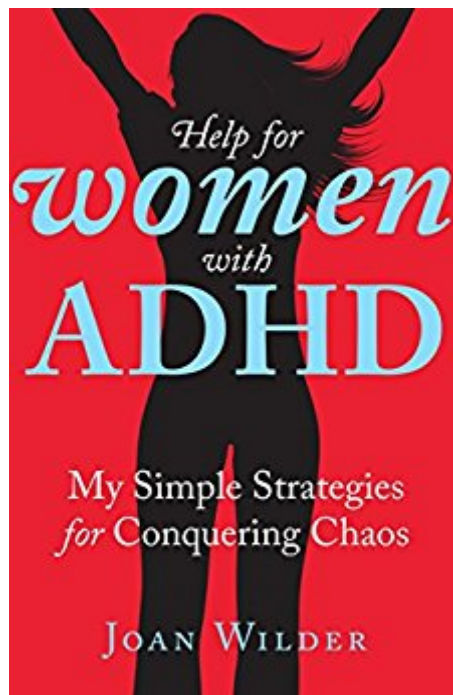




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Help For Women With ADHD: My Simple Strategies For Conquering Chaos



Synopsis

This short book, written by a journalist, is filled with stories about how it feels to have ADHD and what you can do to make things better. Woven into the anecdotes of frustration and chaos are various tried and true tools, strategies, and supports (printed in bold text) that have helped her â “ and thousands more -- tackle a handful of classic ADHD challenges. Each chapter covers a different issue, and the clickable Table of Contents makes it easy to fly to the parts of the book that interest you the most. Along with encouraging you to work with the challenging parts of your amazing mind, the book will help you recognize and appreciate its extraordinary parts. Many woman with ADHD are amazingly intuitive, perceptive, creative, authentic, innovative, and bright. Help for Women with ADHD will show you how women with ADHD can excel -- beyond those without ADHD -- when they learn to manage their curious abilities to focus. It will also help you realize that your issues are not unique â “ that youâ™re not alone â “ and that awareness will motivate you to work at unlocking your gifts. Everybody experiences everything that ADHDers experience, but to a lesser extent. So, even if you havenâ™t been formally diagnosed, you may be dealing with attention deficit symptoms as a result of any number of stressors, including postpartum hormones, PMS, menopause, multitasking, too much screen time, or dietary sensitivities. If thatâ™s your situation, Help for Women with ADHD can help you, too, with any of the following issues: Difficulty prioritizing Feeling overwhelmed Getting distracted by ideas and sensations that disrupt your concentration Difficulty following through on what you were so excited about yesterday Misplacing important items Running late, losing track of time Difficulty deciding and choosing Impulsive ideas or actions Changing your mind all the time Give it a shot!

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Customer Reviews

I felt as if the author truly could relate and gave some excellent, real world solutions to the problem of adult ADHD.

Well written and very useful. Highly recommended.

I recommend this for all who want to value time and knows that knowing your Adhd will help you become a valuable member of society.

I love this handy little book! Straight to the point with many useful tools.

This short book is only 40 pages--beats every other book on women/ADHD I've read. Her description of how ADHD manifests itself is the best I've ever read. Is this what ADHD is really like for all women? I don't know how others experience their ADHD. It's certainly more-or-less spot on for me. It's the first book I've come across that describe my world in a simple, down-to-earth way that others can understand. She paints word pictures instead of offering a list of symptoms that are meaningless to someone who doesn't get it. I'm breaking my own rules by writing a review without having finished the book. That's how strongly I feel. I haven't begun to read the strategies. I don't care if they are useless. The first section of this book alone is worth every penny of the cost. That section is so thoughtfully written that I anticipate the remainder of the book will be equally helpful. I purchased this on Kindle. I'm planning to buy the paperback so I can share it with others. Maybe. Just maybe. it will allow them to understand the world I, and others like me, see and live in everyday and how challenging that can be.

I bought this book on a whim. I was diagnosed as ADHD just a year ago at the age of 60! I had been struggling with it for years without knowing what it was. My mother was the same way (we now suspect that she was ADHD). I love this book! It's a great handbook of practical information on how to handle the behaviors of ADHD & getting along with the world! No scientific data, just a handbook of honest to goodness, time tested, good advice. This is a kind of book that you can read many times & find something new in each time. I plan to read it on a regular basis to keep inspired. I'm glad this is a Kindle book & I have it loaded on every device I own, for reference at anytime. I'm also glad it's electronic because I have this book so marked up, if it was a regular book, it would be unreadable!! I've had this book about a month & started doing the things she advised as I went along. I have loaded apps (notes, productivity log, & multiple timers) that help me do what she suggests. Luckily, my apps interface with the cloud so I don't lose my information! Now, I'm getting more done! I no longer struggle with large projects, following schedules, instructions & deadlines. I'm seeing such a difference in my life, I can't even begin to write just how much it is changing my life! I will say that projects that were started over a year (or more) ago are finally getting done; A new project for work is on schedule! (Spoiler alert: The lists she suggests, well, my lists are doing more expanding & contracting as time goes on!) My husband has read the book & has come to understand what I've been up against all of these years (Yes, he's read all of the scientific articles but never had a real understanding of what the "real" life of someone with ADHD is). Over the years he'd ask me why I did things (ADHD behavior), I always said: "I didn't know why" & then, of course, he'd try to "correct" the behavior! Now both he & I know why & how to "correct" it, actually, how I can "correct" it!

Loved the writing style - great description and understanding of the ADHD mind. I look forward to using some of her strategies. She has such a clear understanding of the challenges of ADHD ; the book inspires hope instead of the mind's turmoil.

I felt understood. I actually finished the book in a short period of time which is a very impressive feat for me!! Learned some great tips and wasn't overwhelmed by the info! Going to work on my Capture System right now!!

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