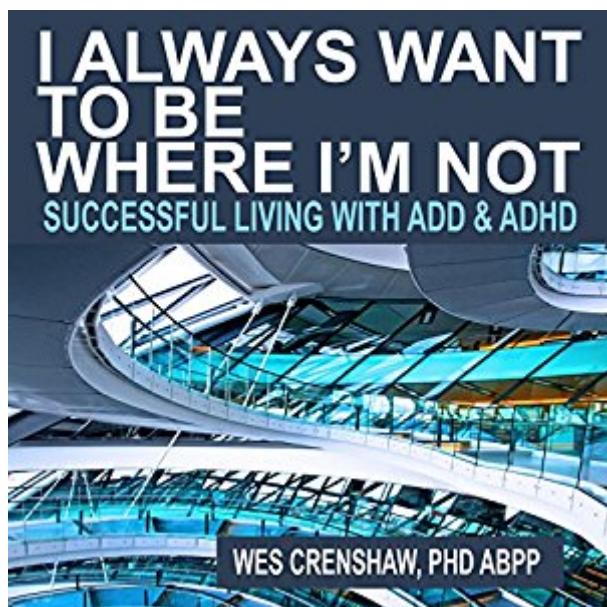


The book was found

# I Always Want To Be Where I'm Not: Successful Living With ADD And ADHD



## **Synopsis**

Dr. Wes Crenshaw offers thirteen principles for successful living with ADD and ADHD drawn from twenty-two years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients. Written in an entertaining, conversational style for readers aged fifteen to thirty, Dr. Wes pulls no punches in confronting the cognitive, social, emotional, and academic pitfalls people with ADD face every day. He also helps families, friends, and romantic partners understand a diagnosis of ADD not as something to fear or an excuse, but as a first step on the path to a better tomorrow. His principles include accepting here and now, living intentionally, making mindful decisions, recognizing and taking the right path and not just the easy one, wanting rather than wishing, finding and following life's instructions, managing crises, taking responsibility, attaining character through radical honesty, and creating sustainable happiness through organized thinking and living. Finally, Dr. Wes guides you and your loved ones in how to better manage relationships, seek a good diagnosis, utilize therapy, and become your own expert on medication management. Have you been diagnosed with ADD or ADHD or do you suspect you should be? Do you really want to start solving your many riddles and living a more successful and productive life? This book is for you. Does your partner, child, roommate, or friend have ADD? Do you wonder what's going on in his or her head, and you really want to understand the secret code so you can better love him or her? This audiobook is for you. Are you a little scattered or organizationally challenged? Do you struggle with details, follow-through, or in converting ideas into results? Do your people see you as fun and energetic, but uncommitted and difficult to pin down. Maybe you're an "ADD-leaner." This audiobook is for you.

## **Book Information**

Audible Audio Edition

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## Customer Reviews

I didn't want to read this book initially. I don't have ADD, and I don't have a lot of free time. However, a good friend of mine kept encouraging me to read it, so I went to the library to check it out. There were six holds on the two copies. The nearby towns had similar backups. My friend was insistent, so I caved and bought the eBook. I don't often reread books. But I've reread this one. Dr. Crenshaw's advice, coupled with relevant, often humorous vignettes, reaches beyond the ADD community and offers insight on relationships, love, organization, decision-making, etc. And, at the end of the book, I had a greater understanding about how my close ADD family member's mind operates and why he behaves the way he does when he forgets his Adderal. Now that I've finished my second read, I'm passing off my Kindle to said ADD family member, knowing that he'll benefit from reading and that he'll be able to get through it because of the incredibly organized way in which it is written. One can read straight through like I did, or, for time or short attention's sake, read the 'Does This Chapter for Me?' intros at the beginning of each section and only read the chapters that apply the most. But trust me, most relate to everyone in one way or another.

I was just diagnosed with inattentive ADHD as an adult. It's been an incredibly difficult path and I was feeling very lost and ashamed (due to the stigma ADHD carries currently) when, on a whim I downloaded this book. It was an absolutely godsend. I'm now on medication, but it's not a cure-all, and I needed some insight to further my recovery. This book has it. I learned how to identify components of my behavior and how they're influenced by my ADHD. Identifying them gave me power to change them. It's been amazing and I am very thankful to Wes for creating such a text.

Searching at Barnes and Noble for a book to help me understand ADD and ADHD for my family health and well being, I sat on the floor and looked into several of them. The title of this book epitomizes my own mental state... "I always want to be where I am not...". My children have told me for years that I, and they, have ADHD. None of us are diagnosed, but I believed it was possibly true. I have literally thousands of books, most I have not read, but I imagine absorbing them by osmosis. I have learned to NOT purchase books immediately, so I looked inside to see if I could actually read this book by Dr Wes. I could, so I bought it from for my Kindle app a day later. I rarely

read books cover to cover due to distractions: family, children, grand children. But I did read it cover to cover. It has taken a week and I have learned so much about myself and others. Dr Wes was speaking to me at age 60! Recently I find I have moved into a different flavor, more ADD now than ADHD. I have so readily responded to what I read with a mixture of appreciation for his work, and awe for Wes's tolerant but firm sense of accountability. I wish I had had his influence as I grew into adulthood because I checked off many items on several of the lists. This book is useful and I will be using it to assist myself and others I know who also share these characteristics, diagnosed or not! Thanks for writing Dr. Wes, you are an inspiration

Great book about all that one person needs to know about A.D.D. and A.D.H.D. Helps with living skills and medications and it's effects. Give great tips for everyone and clearly explanations

I am a father and have been exposed to ADD matters for years. For over 10 years, psychologists, psychiatrists, therapists have failed to explain and help loved ones. It gets to the true root cause of ADD in a way that the reader comes to terms on their own for the road to excel, rather than being something "forced upon you". To people without ADD, this may not seem like much, but for people with ADD this is extremely important based on what I have seen. This book should be read by everyone, not just people influenced by ADD. I have seen lives dramatically changed for the better, by just understanding the content of this book. I have read several books on the subject and this one finally got to the bottom of it all. There may be others that do, and I would love to hear from them. But this book is the first one I have read that has "triggered" practical solutions for those gifted with ADD.

ADD is more than just inattentiveness. This book really clarified the condition and helped me see my ADD and anxiety leaning ADD family members differently. FINALLY, I understand. Now I know what is helpful and what is a waste of effort. I really needed that.

This book is the most interesting, in depth, far reaching book I've ever read on the subject. It provides a new perspective on the psycho-emotional aspects of ADHD and personal responsibility. Absolutely loved it - I'm grateful Dr. Wes shared his expertise and insight.

For many years, I have been feeling as though my daughter spoke an unfamiliar language. Frustrated by her actions and reactions, I struggle to understand and to help her. She has recently

been diagnosed with ADD and this helpful book, written very straightforwardly, has provided me with a translation guide. The case narratives and practical tips for action and organization are very helpful.

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