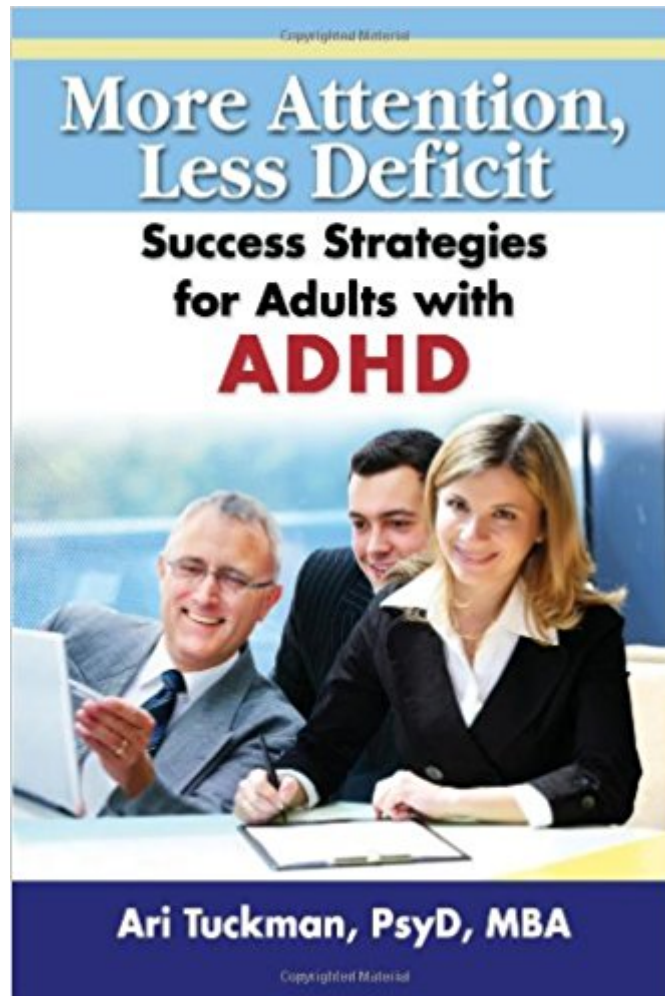




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More Attention, Less Deficit: Success Strategies For Adults With ADHD



Synopsis

This is the only book on Attention Deficit Hyperactivity Disorder (ADHD) written in a structure that caters to the tendency for adults with ADHD to jump around. This essential guidebook begins by describing how the ADHD brain processes information and how that leads to typical challenges that people with ADHD experience, as well as why certain strategies are effective and others aren't. This lays the foundation for everything that follows, from getting diagnosed to an overview of the research of how ADHD affects people's lives. A thorough explanation of standard treatment options-including medication, therapy, and coaching-as well as alternative treatments, helps guide adults with ADHD to get the most from their healthcare providers. From there, the book provides an extensive collection of practical strategies to overcome common struggles in the areas of self-esteem, work, relationships, friendships, parenting, and everyday life. It covers everything from time management to getting organized. Brief, ADHD-friendly articles can stand alone or be read in sequence, making it the perfect book for the busy adult with ADHD who wants rock-solid information that is easily digestible.

Book Information

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Customer Reviews

"It is a real pleasure to read Tuckman's superbly rendered book on ADHD in adults, for it is so well-reasoned, science-based, information-rich, to the point, and finally useful! Apart from wishing I had written it, I sincerely wish that you will read it."—Russell A. Barkley, PhD, clinical professor of psychiatry, Medical University of South Carolina
"Tuckman has filled a huge gap in our understanding of adults who suffer from ADHD . . . This book is a valuable contribution to the literature and will be a treasured resource."—Harvey C. Parker, PhD, cofounder of Children

and Adults with Attention Deficit/Hyperactivity Disorder" Tuckman has authored a state of the art volume deftly blending science and clinical experience to provide a reasoned, reasonable and eminently useful treatment guide for adult ADHD. He writes from a strong scientific and clinical framework." — Sam Goldstein, PhD, research professor of psychology, George Mason University

Ari Tuckman, PsyD, MBA, is a psychologist specializing in the diagnosis and treatment of ADHD in children and adults and is the Vice President of the Attention Deficit Disorder Association. He is the author of *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians*. He practices in West Chester, PA.

I was diagnosed in my 40s. This is a hard time to find out that things could have been far different if only you'd known... Nonetheless, I have been able to use the parts of this book I needed quickly and let others wait until I need them. Best thing I found was a great app to keep my time issues and tasks under a bit of control. Even this review was on my list for this week ("Get tamed" was the task. I'm starting...) Seriously this is easiest of the 5 books I've tried for getting info quickly and reasonably in digestible and "doable" chunks.

This one is chock-full of practical, useful tools and techniques that help adults (and even teenagers) with ADHD function better in daily life. The other big books out there for adult ADHD sufferers, like *Driven to Distraction* and *Delivered from Distraction*, are nice overviews for the newly diagnosed, but they just can't compare to *More Attention, Less Deficit* in terms of useful answers to solve the problems you're facing. What sets this book apart is that you can simply pick it up any time a problem is facing you, look that problem up in the table of contents, and turn directly to a page with something that will help you right now. I'll say that again because it's just so critically important to busy people with short attention spans: You can pick this book up, turn straight to the thing you need help with, and get that help in less than 10 minutes. That's what we've been missing. This is the first book of its kind. It's the on-the-fly troubleshooting guide we've been waiting for, the book with over 350 pages of stuff you can start doing today to rapidly get better at life. This is the only book I recommend, whether it's to parents of ADHD children, or to adult sufferers both newly and long-since diagnosed. It's just more useful than the other ones out there.

This is one of the most useful books on ADHD you will ever read and use. I have read many. It's

written for the ADHD minded person and has real work strategies for families and individuals living in an ADHD world.

I've purchased a lot of self help books over the years, and don't believe I've ever finished even one. Dr. Tuckman has written a book that's grabbed my attention and keeps it. He repeats himself throughout the book, so if I miss something the first time, or the second, I might still get it. One unique feature of this book is the bottom corner of the pages are perforated, so you can tear them off as you read each page. I told my husband about that, and that I'm actually tearing off the corners as I go, and he thought it was pretty funny. Nothing like humor in a book, heh. About me: 51 year old woman. I have a lot of the characteristics of AD/HD, but haven't been diagnosed or even evaluated for it. I have been diagnosed with bipolar disorder, there's no doubt about that diagnosis. When you've had a hypomanic episode, you know it! This book is not too difficult for me to read. Whether the problems I have are caused by bipolar disorder or by AD/HD, I'm applying the ideas presented in this book to my own life and finding them to be helpful. (I've tried reading bipolar self-help books, and could never read more than a few pages before giving up). The author recommends a combination of medication, psychology, and/or coaching, plus helping yourself through the techniques he presents in this book. Medication is out for me, as stimulants are not recommended for those with bipolar disorder. In any case, I'd already discovered during treatment for bipolar, and in other medical treatments, the side effects of medications are too much for me to handle. At this time, psychology and/or coaching are not a option for me. But this book, written at a level I can read, has given me hope. One more thing, I started reading the book about a week ago, and am over halfway through.

This is by far the best book I have read so far on Adult ADHD. It is written intelligently, is organized in a useful way and is quite comprehensive. I have been consuming ADHD books since last fall when I was diagnosed (oh, so THAT'S what was wrong), and too often I find the material is far too simplistic, badly organized or subjective. This book is an excellent resource, it's generally fact-based and is cleverly organized for the "skimmer" to grab the information they need immediately.

Amazing complex book- just so perfect. You can read it in short segments- open it almost anywhere and you will learn something helpful. Describes idiosyncrasies you never even knew were related to AD/HD. Just read it! Even if you personally don't have AD/HD you start to recognize it in others around you.

Really like the sample, but the actual book is depressing so far. I'm 100 pages in and it's just depressing, outlining all the ways that being ADHD is ruining your life. Wow. Didn't need that. I'm just starting to come to the solutions section and will update my review, but had I known it'd go this way, I would've skipped this book and only bought his workbook, which looks promising.

Many books on ADHD tend to focus on the "deficit" and how it sucks to be you. This book is more about identifying the problem and doing what is possible to succeed with it. It offers a lot of practical information on diagnosis, treatment options, and where to find further information. The information contained in each chapter is first summarized by heading, then expanded on within the chapter. A great feature of getting this book on Kindle (or the PC), for people with ADHD is the Text-to-Audio option. It took me a little over a week to listen to this book. It is also the first book I've seen on that is cheaper on Kindle.

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