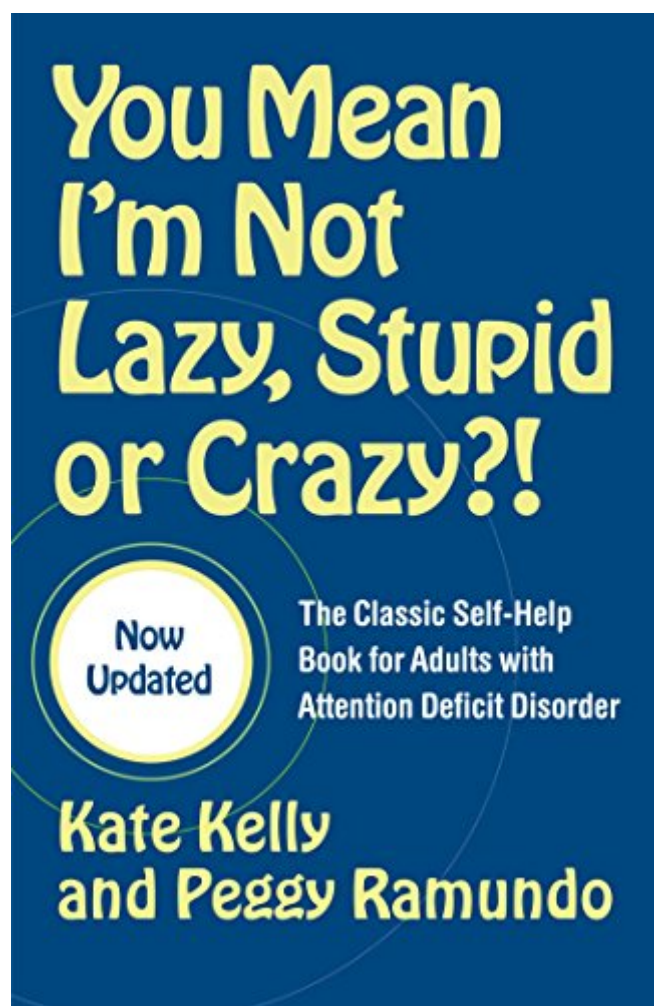




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You Mean I'm Not Lazy, Stupid Or Crazy?!: The Classic Self-Help Book For Adults With Attention Deficit Disorder



Synopsis

With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference -- the first of its kind written for adults with ADD by adults with ADD -- focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: The new medications and their effectiveness The effects of ADD on human sexuality The differences between male and female ADD -- including falling estrogen levels and its impact on cognitive function The power of meditation How to move forward with coaching And the book still includes advice about: Achieving balance by analyzing one's strengths and weaknesses Getting along in groups, at work and in intimate and family relationships -- including how to decrease discord and chaos Learning the mechanics and methods for getting organized and improving memory Seeking professional help, including therapy and medication

Book Information

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Customer Reviews

I don't like to dump all over someone's hard work, but I felt the need to write a review to help other ADDers. This book has very little structure, jumps from topic to topic and does not flesh out sound ideas or provide a plan. It's basically paragraphs of antidotes and advice interspersed with "real world" examples and cheesy clip art. And it's so outdated, it hard to apply to modern life in 2016. Just recently diagnosed as an adult, I'm reading every book I can find on the topic. My favorite thus far is *Delivered from Distraction* by Hallowell and it provides a clear 8 step plan. Read *Lazy Stupid Crazy* if you want more information, but don't let this be the only book that guides you on this path.

ADD covers a wide spectrum of symptoms and this book does not try to pigeonhole people, and gives examples of how different conditions can be. Recommended for people who might be trying to understand what ADD is all about. Filled with continuous examples that of how different ADD can be from one person to the next.

This book is wonderful source for anyone who has been diagnosed with ADD. It's really insightful, in helping to understand your diagnosis. I haven't been able to read as much as I'd like, but I am so looking forward to getting into this book. I wish that I had known about it when I was first diagnosed.

If you have a friend or relative (or if you) who has AD, please read this book...their actions will suddenly make sense to you. Knowing the problem is the 1st step toward getting life on track. My life would have been so different if my mom had had this book to read.

Love! Love! Love this book! I am a counselor but love the simple language that is used. I have recommended it to countless clients who find so much comfort in it. Being an adult with ADD, I use it often as well for reference when stuck on how to help myself or others. Very readable for people who lack the focus or patience to read a huge book as you can take it in small bits and pieces.

This book really helped me, I knew there was something wrong me and now I know what it is, as it explained to me why I have been doing some of my disfunctional issues. Spending, hording, saying things I should not have said, so many issues that many doctors have not treated me. I was just getting anti deprents. Finally after 25 years on Paxil, they have added Welbutrin. I have only been

on it a week but already my mind has calmed down. I can actually focus, and I feel better. I hope this is finally my solution. I would recommend this book to any one who knows something is wrong but cannot find the answer. Don't get me wrong, I am not saying this is going to solve everyone's issues all I can say how much it did for me...Good Luck

As one of the most popular books on Adult ADHD, I had high hopes for the work. However, I sometimes found the explanations too easy and/or repetitive for readers who are well versed in mental health topics. As such, while this work may benefit those new to exploring adult ADHD, I have found other resources to be more concise, informative and appropriate for an adult audience. Sometimes the writing style comes across as pedantic and silly. The section on medication was rather sparse, whereas other sections, i.e, concerning work, love, seemed a tad long or unnecessary.

I found this book after watching a PBS show about this topic. I have it. I have had it all my life. I did not know that I had it, but I knew something was up... My wife knew I had it, she also understood my creativity and pain...Great book. It has helped me to understand my personality and why I do the things that I do.

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Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness)
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