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How ADHD Affects Home Organization: Understanding The Role Of The 8 Key Executive Functions Of The Mind.

— HOW —
ADHD
AFFECTS HOME
ORGANIZATION

— UNDERSTANDING THE ROLE OF —
THE 8 KEY EXECUTIVE FUNCTIONS OF THE MIND



LISA K WOODRUFF



Synopsis

Do you walk in a room to organize and find yourself paralyzed and overwhelmed? Do you find yourself spending money on organizing solutions that don't work? Do you feel like you put in effort but never make any progress? Or maybe you know exactly what you want to do, and yet for some reason, you just can't get started. Organizing isn't easy. And having ADHD doesn't make it any easier. But it doesn't have to be impossible. If you have ADHD and you've been struggling with organization, it doesn't mean there's something wrong with you. It just means it's time to try working with your brain instead of against it. That means: Understanding how your mind works Recognizing your strengths and weaknesses Finding the strategies that work for you. In her latest book, Lisa Woodruff explores the executive functions of the mind that directly affect your ability to organize your home: flexible thinking, working memory, self-monitoring, task initiation, planning, and organization. Along the way, she provides tips and strategies for overcoming obstacles tools you can use to get the organized house you've been dreaming of. A professional organizer, productivity coach, and former teacher, Lisa Woodruff knows that organization is more than just 15-minute daily tasks or cute ways to use fun containers. She's successfully parented, taught, and professionally organized people who struggle with ADHD, and she has been able to help hundreds of women in Cincinnati, Ohio and thousands of women around the world get their homes organized and keep them that way.

Book Information

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Customer Reviews

Lisa is really good at explaining things clearly, in a way that respects you and also encourages you. She knows everyone is different, and she tailors the language and activities here so that different types of people can benefit. I really found this book helpful!

Some great tips and apps. Definitely learned a few things I can apply to my life and to my teen son's life as well. Definitely worth the time to read it.

A very well written book on a subject that needs more attention.

This book is full of great information. Lisa has a great understanding of the subject. It is well written and simple to follow.

Lisa's book is great. Even if you do not have ADHD you really should read this book.

I really enjoyed this book!!! I now listen to her podcasts & FB group

How does someone without ADHD write a book that is completely relatable to those who have it? She gives clear explanations, real-world examples, and a solution or resource on just about every page. When an organized person wants to help disorganized people, we need to get fluent in their language. And there are a thousand dialects of the language of the disorganized. The language of the person with ADHD who struggles with executive function and organization are on every page of this book. Lisa Woodruff makes it very clear that she does not have ADHD, but has been surrounded by it throughout her life and careers in service to others, and finding ways to help those with ADHD move forward. This immersion, and helping understand challenges and collaborate to develop solutions has led to this easy to read, easy to use book. Lisa offers clarity, support and guidance to

help her readers take a step back, consider what progress would look like, and take action to tackle the areas in their home that have left them feeling defeated.Oh, and here's the real secret: Even if you don't have ADHD but struggle with organization, you'll learn plenty reading this book!As a professional organizer, I plan on sharing this with my ADHD clients, so that they may have access to the understanding, ideas and resources that this book brings.Kathy Vines, Certified Professional Organizer®, Clever Girl Organizing

Another wonderful gift from Lisa!!! :) :) :) This book will explain your brain to you.... she is a teacher, thinker, wife, mother and REAL person. I found Lisa in January of 2016.... what a blessing... make sure you also go read (or listen to on Audible) her book the Mindset of Organization and listen to ALL of her podcasts at Organize365.com. Take the time to read this book.... it has so much practical information and links to even more!

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