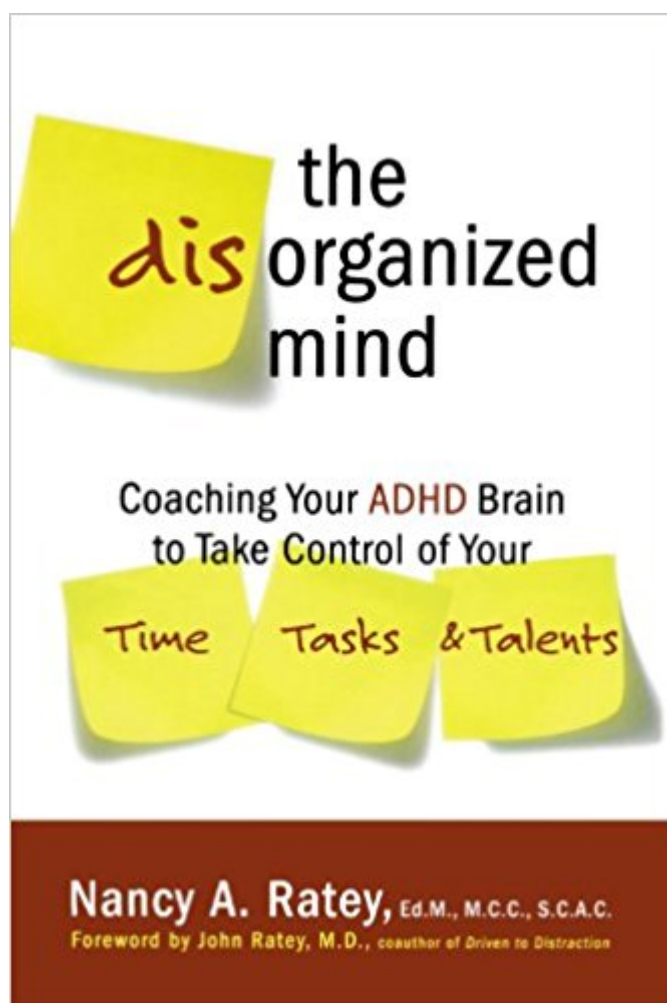


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# The Disorganized Mind: Coaching Your ADHD Brain To Take Control Of Your Time, Tasks, And Talents



## Synopsis

For the millions of adults diagnosed with ADHD *The Disorganized Mind* will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around. *The Disorganized Mind* addresses the common issues confronted by the ADHD adult: "Where did the time go?" "I'll do it later, I always work better under pressure anyway." "I'll just check my e-mail one more time before the meeting." "I'll pay the bills tomorrow" - that will give me time to find them." Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change - this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible. Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

## Book Information

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## Customer Reviews

Ratey has produced a valuable resource for people addressing the daily challenges caused by the neurobiological condition of Attention Deficit Hyperactivity Disorder. Symptoms of ADHD include difficulty with organization, focus, and time management. Ratey, a professional ADHD coach who was diagnosed with the disorder herself while in graduate school, provides a set of concrete tools that ADHD adults can use to help themselves traverse both personal and professional situations, though the author emphasizes that her book is not a substitute for diagnosis and treatment. Short sections explaining the biological reasons for the disorder's more exasperating symptoms are contributed by Ratey's husband John, a psychiatrist specializing in treatment of ADHD and co-author of *Driven to Distraction*, a seminal ADHD book. With a nod to her audience, Ratey divides her book into sections that can be absorbed in small increments, including her own struggles with the disorder, her six-step "A.N.S.W.E.R" system, case studies and tips from spouses and employers. For ADHD sufferers, Ratey's book might not be a one-stop remedy but it's an extremely helpful starting place. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

• Nancy Ratey, the queen-maven of coaching, has written a masterful and practical guide to the world of promoting peak performance and peace of mind through the power of coaching. The *Disorganized Mind* will make all who read it more successful, less stressed, and happier in their pursuit of their goals. This book is a total winner!

• Edward Hallowell, M.D., co-author of *Driven to Distraction* and author of *CrazyBusy*

• In a very warm and personal style, Nancy Ratey, a true pioneer in the field, demonstrates the depth of her expertise and empathy for adults with ADHD. In her book, *The Disorganized Mind*, Ratey skillfully guides the reader through a potentially life changing process!

• Sari Solden, MS, author of *Women with ADD* and *Journeys through ADDulthood*

• Well done! This book will really help ADDers understand what coaching is and how they can self-coach. It's a compassionate book clearly based on years of successful coaching experience. I'll recommend it to my clients.

• Judith Kolberg, Award-winning professional organizer. Co-author, *ADD-Friendly Ways to Organize Your Life*

• Speaking as a mother of a child with LD and ADHD, I knew little about coaching prior to reading Nancy Ratey's extremely insightful book. I particularly liked the chapter on Time Mismanagement as I have seen first hand how challenging this can be. Nancy's book will inspire, and serve as an invaluable life guide for those who lead scattered, disorganized lives.

• Anne Ford, Chairman Emeritus, National Center for Learning Disabilities and author of *Laughing Allegra* and *On Their Own*

• Through her years of experience coaching others with the disorder, Nancy Ratey has seen firsthand that people can

change their lives. The book demonstrates the power of coaching and/or self-coaching and the difference it can make for those with ADHD. • • From the Foreword by John J. Ratey, M.D., co-author of *Driven to Distraction*

I just finished reading this book, and I found the examples the author used to be most illuminating. Of course as a graduate student, I don't have the means to hire an executive assistant to give my thesis structure. It does give me the motivation to try coaching, though. Nancy does a pretty good job in showing the reader why an effective coaching strategy will work.

I'm about 75% through *The Disorganized Mind*, and haven't started doing the exercises yet (typical ADHD behavior, right?) but I can safely say that this book does have some helpful suggestions for compensatory strategies. However, all of these are cast through the lens of the author's "clients;" all of which are upper-middle class/top earner types who can afford an ADHD coach. Expect to hear long-winded tales of people who have live-in nannies, lament their friends don't want to accompany them on their frequent vacations due to ADHD related outbursts, or rely too much on their personal assistant. In fact, one of the author's suggested strategies is to actually HIRE a personal assistant! Who has the funds for that? There isn't one lick of advice tailored to everyday working folks struggling to get their symptoms under control. To get anything out of this book, you'll have to work around the descriptions of her client's success and lifestyle to find the core strategies that are offered. The author even goes on at length about her Ivy League education and her world-traveling family. That's great that the author was born into a family that offered her the luxury to pursue a secondary education for years and years, and she'd seen a good chunk of the world before that, but I didn't purchase this book to listen to the author brag. If you grew up poor or don't make a six-figure income, the stories in this book can become infuriating as your lack of sympathy grows stronger. If you can fight past those feelings though, there are some good ideas to find.

Absolutely outstanding. Every paragraph is full of great insight and advice.

An excellent read! I didn't realize so many adults have ADHD. Ms. Ratey takes the time and effort to thoroughly dissect the issues we deal with and explain strategies to help one cope and better function on a daily basis. I wish I had known about this 20 years ago!!

Excellent book. Each chapter builds on the previous one, and provides many excellent tools that

can be used to make for a much better, more organized future for those of us suffering/prospering with our ADHD..... Many thanks, Jim S. Sarasota, Florida

Good, down-to-earth advice based on real cases and author's personal experience. Works for anyone who needs to get a grip of life, whether ADHD or not.

being add it has helped me work on the problems related to add. i would recommend this book highly. thanks

I never understood some of my behaviors, now I realize it is part of the ADHD Brain! I love the suggestions!

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ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet)  
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ADHD Guide  
Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults,  
Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT)  
NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)  
The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD  
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