

## **Add Friendly Ways To Organize Your Life Second Edition Strategies That Work From An Acclaimed Professional Organizer And A Renowned Add Clinician**

Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated  
ADD and the College Student  
The Adult ADHD Tool Kit  
Your Life Can be Better  
More Attention, Less Deficit  
It's Hard to Make a Difference When You Can't Find Your Keys  
ADD-Friendly Ways to Organize Your Life  
Thriving with Adult ADHD  
Delivered from Distraction  
The Life-Changing Magic of Tidying Up  
How ADHD Affects Home Organization  
Time Management from the Inside Out  
Organizing from the Inside Out  
The DAM Book  
Order from Chaos  
The Home Edit  
Organizing for the Creative Person  
ADD-Friendly Ways to Organize Your Life  
Child Life in China  
Train Your Brain  
The Drummer and the Great Mountain - a Guidebook to Transforming Adult ADD / ADHD  
Martha Stewart's Organizing  
Beautifully Organized  
Understanding Women with AD/HD  
The Mindfulness Prescription for Adult ADHD  
The Disorganized Mind  
Driven to Distraction (Revised)  
101 School Success Tools for Students with ADHD  
Untapped Brilliance  
Ditch That Textbook  
Women with Attention Deficit Disorder  
The ADHD Effect on Marriage  
10 Simple Solutions to Adult ADD  
The Queen of Distraction  
Getting Organized in the Era of Endless  
Conquering Chronic Disorganization  
Healing ADD Revised Edition  
Brain-Friendly Strategies for the Inclusion Classroom  
How to Organize (Just About) Everything  
ADD/ADHD Alternatives in the Classroom

### **Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated**

One of the main concerns for digital photographers today is asset management: how to file, find, protect, and re-use their photos. The best solutions can be found in *The DAM Book*, our bestselling guide to managing digital images efficiently and effectively. Anyone who shoots, scans, or stores digital photographs is practicing digital asset management (DAM), but few people do it in a way that makes sense. In this second edition, photographer Peter Krogh -- the leading expert on DAM -- provides new tools and techniques to help professionals, amateurs, and students: Understand the image file lifecycle: from shooting to editing, output, and permanent storage Learn new ways to use metadata and key words to track photo files Create a digital archive and name files clearly Determine a strategy for backing up and validating image data Learn a catalog workflow strategy, using Adobe Bridge, Camera Raw, Adobe Lightroom, Microsoft Expression Media, and Photoshop CS4 together Migrate images from one file format to another, from one storage medium to another, and from film to digital Learn how to copyright images To identify and protect your images in the marketplace, having a solid asset management system is essential. *The DAM Book* offers the best approach.

### **ADD and the College Student**

"Dedicated to the disorganized, distracted and demoralized."

## **The Adult ADHD Tool Kit**

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be The Queen of Distraction. And whether or not you've been formally diagnosed with attention deficit/hyperactivity disorder (ADHD), you probably already know that something's got to give. The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD—the elements of this condition that are particular to women, such as: relationships, skin sensitivities, meal-planning, parenting, and dealing with out-of-control hormones. In addition, the book offers helpful tips and strategies to get your symptoms under control, and outlines a number of effective treatment options for you to pursue. From getting dressed in the morning, to making it to a job interview, to planning dinner—sometimes just getting through the day can be an ordeal for a woman with ADHD. If you've been accused of getting lost in your own world, maybe it's time to make a change. If you're ready to start getting organized and stop leaving your groceries in the car, this book can help. It's more than just a survival guide; it's an ADHD how-to to help you thrive!

## **Your Life Can be Better**

### **More Attention, Less Deficit**

“If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*.”—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder—all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, “attention deficit disorder” is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regime. Inside you'll discover • whether ADD runs in families • new diagnostic procedures, tests, and evaluations • the links between ADD and other conditions • how people with ADD can free up their inner talents and strengths • the new drugs and how they work, and why they're not for everyone • exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle • how to adapt the classic twelve-step program to treat ADD • sexual problems associated with ADD and how

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to resolve them • strategies for dealing with procrastination, clutter, and chronic forgetfulness ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read. Praise for *Delivered from Distraction* “The definitive source of information on attention deficit disorder.”—Harold S. Koplewicz, M.D., director, Child Study Center, New York University School of Medicine “A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy.”—Perri Klass, M.D., co-author of *Quirky Kids*

### **It's Hard to Make a Difference When You Can't Find Your Keys**

A central source of frustration for most adults with ADHD is that they know what they need to do but they have difficulties turning their intentions into actions. These difficulties also interfere with their ability to use self-help books and to get the most out of psychosocial treatments that provide coping strategies that promise to improve their functioning. Drs. Ramsay and Rostain are experts in the assessment and treatment of adult ADHD and are leaders in the development of effective psychosocial treatments for this group of patients. Their newest book, *The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out* is a coping guide for adults living with ADHD, one that does not just present useful coping strategies but also provides specific tactics designed to help readers implement these skills in their daily lives and brings them to life in a user-friendly format. The authors discuss many different settings in which ADHD may cause difficulties, including work, school, matters of physical health and well-being, and the issue of excessive use of technology. Although written for consumers, clinicians will find the book to be a clinically useful tool for their adult patients with ADHD, serving as a companion to the newly updated and expanded second edition of Drs. Ramsay and Rostain's professional treatment manual, *Cognitive-Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach*.

### **ADD-Friendly Ways to Organize Your Life**

Offers different approaches for teaching ADD/ADHD children, including incorporating imaginative journeys, bodily-kinesthetic cues, posters, drama, and dances into the curriculum.

### **Thriving with Adult ADHD**

Acclaimed professional organizer Judith Kolberg and Dr. Kathleen Nadeau, renowned ADHD clinical psychologist, are back with an updated edition of their classic text for adults with ADD. Their collaboration offers the best understanding and solutions for adults who want to get and stay organized. Readers will enjoy all new content on organizing digital information, managing distractions, organizing finances, and coping with the "black hole" of the Internet. This exciting new resource offers three levels of strategies and support: self-help, non-professional assistance from family and friends, and professional support; allowing the reader to determine the appropriate level of support.

## **Delivered from Distraction**

101 School Success Tools for Students with ADHD provides materials and the guidance necessary to assist teachers and parents as they empower students with ADHD to become successful learners. Based on field-tested strategies for use with learners with ADHD, the book provides a brief overview of the specific learning needs of these students before including a wide variety of tools teachers can immediately pull out and use in the classroom and parents can use in the home setting. Each tool is explained in a brief how-to section that includes specific information on adapting the tool based on the individual student's needs. The book covers topics like observing and collecting data on students, creating schedules, assessing a child's strengths, refocusing a child's attention, managing difficult behaviors, implementing calming techniques, providing motivation, and improving study and homework skills. A collection of worksheets, forms, checklists, charts, Web site listings, and other tools are included as reproducible pages.

## **The Life-Changing Magic of Tidying Up**

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.

## **How ADHD Affects Home Organization**

In a full-color guide, the creator of the firm At Home With Nikki shares her best advice for how to create an organized, beautiful and welcoming home, including the five steps every homeowner should go through: Assess, Declutter, Clean, Organize and Beautify.

## **Time Management from the Inside Out**

A guide for high school and college students with Attention Deficit Disorder.

## **Organizing from the Inside Out**

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The right-brain way to conquering clutter, mastering time, and reaching one's goals: the first book to show creative people how to arrange their desks, their time, and their lives in a style consistent with their unique way of perceiving the world. Suggests a host of practical solutions, all in harmony with the way creative people think and act. 20 line drawings. From the Trade Paperback edition.

### **The DAM Book**

Textbooks are symbols of centuries-old education. They're often outdated as soon as they hit students' desks. Acting "by the textbook" implies compliance and a lack of creativity. It's time to ditch those textbooks--and those textbook assumptions about learning In Ditch That Textbook, teacher and blogger Matt Miller encourages educators to throw out meaningless, pedestrian teaching and learning practices. He empowers them to evolve and improve on old, standard, teaching methods. Ditch That Textbook is a support system, toolbox, and manifesto to help educators free their teaching and revolutionize their classrooms.

### **Order from Chaos**

Professional organizer Peter Walsh presents this witty and enormously practical guide to getting it—and keeping it—all together. With more than 500 easy-to-follow how-to instructions, How to Organize (Just About) Everything is packed with shrewd advice and insider tips to make your home, your workplace—indeed, every imaginable aspect of your life—run more smoothly. Step-by-step solutions help even the most organizationally challenged take on: Kids Schedules Storage Photos Lists Politics Education Remodels Meals Weddings Finances Holidays Parties Vacations Emergencies

### **The Home Edit**

NEW YORK TIMES BESTSELLER • From the stars of the Netflix series Get Organized with The Home Edit (with a serious fan club that includes Reese Witherspoon, Gwyneth Paltrow, and Mindy Kaling), here is an accessible, room-by-room guide to establishing new order in your home. Believe this: every single space in your house has the potential to function efficiently and look great. The mishmash of summer and winter clothes in the closet? Yep. Even the dreaded junk drawer? Consider it done. And the best news: it's not hard to do—in fact, it's a lot of fun. From the home organizers who made their orderly eye candy the method that everyone swears by comes Joanna and Clea's signature approach to decluttering. The Home Edit walks you through paring down your belongings in every room, arranging them in a stunning and easy-to-find way (hello, labels!), and maintaining the system so you don't need another do-over in six months. When you're done, you'll not only know exactly where to find things, but you'll also love the way it looks. A masterclass and look book in one, The Home Edit is filled with bright photographs and detailed tips, from placing plastic dishware in a drawer where little hands can reach to categorizing pantry items by color (there's nothing like a little ROYGBIV to soothe the soul). Above all, it's like having your best friends at your side to help you turn the chaos into calm. PLEASE NOTE: The paperback includes a starter set of labels for your refrigerator; the ebook and audiobook

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include a link to download and print the labels from a computer (you will need 8-1/2 x 11-inch clear repositionable sticker project paper, such as Avery 4397). Featured in Glamour's 10 Books to Help You Live Your Best Life

### **Organizing for the Creative Person**

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.

### **ADD-Friendly Ways to Organize Your Life**

"We live in the Era of Endless, confronted by infinite information, incessant interruptions, constant distractions, unending work, and boundless stuff. All this 'endlessness' butts up against the one thing that remains intractably finite--time. In this book you will find brand new, simple, and effective organizing strategies and solutions appropriate to the Era of Endless. Manage the excesses and downside of endless information, interruption, work, and stuff! And reclaim your time!"--

### **Child Life in China**

Time management is a skill anyone can learn. Take control of your schedule, connect the activities of your daily life to your deepest big-picture goals, and live the life of your dreams. Julie Morgenstern shows you how.

### **Train Your Brain**

How to organize everything, from America's most trusted lifestyle authority, with color photographs throughout and hundreds of ideas,

projects, and tips

## **The Drummer and the Great Mountain - a Guidebook to Transforming Adult ADD / ADHD**

"If there were an ADHD self-help book group, I'd nominate this book to be at the top of the reading list." -- Kathleen Nadeau, Ph.D., internationally recognized authority on ADHD and co-author of ADD-Friendly Ways to Organize Your Life Stop paying the high cost of disorganization. Late fees on forgotten bills. A home full of clutter and unfinished projects. Eroding respect with your friends, family, and colleagues. Health worries from doctor's appointments you keep meaning to schedule. Nonstop anxiety as you wait for the other shoe to drop. You deserve better. Order from Chaos will teach you how your brain works and how to stop getting in your own way. Mixing stories from the trenches of her own experience as a mom and wife with ADHD with wise, well-researched advice from her years as a blogger at The ADHD Homestead, Jaclyn Paul shows you how to design your own system for restoring order. Past failures don't have to define you. Order from Chaos offers a helping hand to get you on the path to a more peaceful and rewarding life.

## **Martha Stewart's Organizing**

Understanding Women with AD/HD is designed to be a practical and readable guide for women at any age, with special chapters focusing on different stages of life.

## **Beautifully Organized**

The #1 New York Times bestselling guide to decluttering your home and the inspiration for the hit Netflix show Tidying Up with Marie Kondo. Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

## **Understanding Women with AD/HD**

Do you: Have trouble paying attention and staying on task? Suffer from disorganization, procrastination, or forgetfulness? Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration? Struggle with self-doubt and difficulty following through? In a

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way that causes problems in your relationships or your work? If so, you may have Attention Deficit Hyperactivity Disorder (ADHD)—like an estimated 8 million adults in this country. Physician-researcher Dr. Lidia Zylowska has created an 8-step program for using mindfulness practice (attention and awareness training) to overcome the symptoms of ADHD. The program includes practices such as sitting meditation, body awareness, thoughtful speaking and listening, development of self-acceptance, mindful self-coaching, cultivation of a balanced view of thoughts and emotions, and more. Dr. Zylowska educates readers about ADHD, helping them to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges. She also explains how the mindful approach can be combined with other treatments, including medications, to boost self-improvement. This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD. The introduction to the book, titled "Dear Reader," includes a link to the free downloadable audio files.

### **The Mindfulness Prescription for Adult ADHD**

THE NEW YORK TIMES BESTSELLER All-New Revised Edition Attention deficit disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain imaging study ever completed on patients with ADD, to identify, examine, and demystify the 7 distinct types of ADD and their specific treatments. With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, why, and more importantly how to heal ADD. From the Trade Paperback edition.

### **The Disorganized Mind**

Did you know there are some simple and highly effective, non-pharmaceutical ways to minimize your unwanted ADHD symptoms? Well, there are! You'll be amazed to discover that a few simple strategies can lead to significant changes in your ADHD symptoms. In this practical 'ADHD friendly" book, you'll discover the eleven specific and simple steps that help adults with ADHD flourish and reach their full potential. Rest assured, these strategies are so simple you can begin implementing them today, without feeling overwhelmed. You will discover How to make simple lifestyle changes that will minimize the negative aspects of ADHD How to create an environment that encourages you to focus. How to identify and begin achieving your life goals today! Untapped Brilliance does more than just explain what changes to make and why..it shows you how to make those changes forever

### **Driven to Distraction (Revised)**

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Managing attention-deficit disorder (ADD) as an adult is a constant challenge. You may notice that your mind sometimes wanders during conversations. Maybe you keep misplacing your keys. Or your ADD may be causing bigger problems in your life, making it difficult to keep in touch with friends and family and leading you to procrastinate on important projects. *10 Simple Solutions to Adult ADD* offers ten easy ways to better manage your symptoms and live better with ADD. Written by noted author and acclaimed psychotherapist Stephanie Sarkis, who has used these solutions to personally overcome her ADD symptoms, this concise and clear new edition offers the latest treatment information to help you sharpen your focus, improve your relationships, and manage your time and money.

### **101 School Success Tools for Students with ADHD**

Going beyond traditional marriage counseling which can often discount the influence of ADHD, this discussion offers advice from the author's personal experience and years of research and identifies patterns of behavior that can hurt marriages--such as nagging, intimacy problems, sudden anger, and memory issues--through the use of vignettes and descriptions of actual couples and their ADHD struggles and solutions.

### **Untapped Brilliance**

Many teachers in regular classrooms feel unprepared to teach students with learning disabilities. Fortunately, brain research has confirmed that strategies benefiting learners with special challenges are suited for engaging and stimulating all learners. In this book, neurologist and classroom teacher Judy Willis explains that we can best help students by putting in place strategies, accommodations, and interventions that provide developmentally and academically appropriate challenges to suit the needs, gifts, and goals of each student. *Brain-Friendly Strategies for the Inclusion Classroom* will help teachers

- \* Understand how the brain learns and the technologies that reveal this process.
- \* Implement strategies that are compatible with students' individual learning styles and honor their multiple intelligences.
- \* Improve the focus of students with attention disorders and help them gain the confidence and skills they need to develop goal-oriented behaviors.
- \* Create an enriching learning environment by incorporating student-centered activities, discovery and hands-on learning experiences, cross-curricular learning, and multisensory lessons.
- \* Implement strategic review, study, and test preparation strategies that will allow students to retain information and connect it with future learning.
- \* Build safe, supportive classroom communities and raise class awareness and empathy for students with learning disabilities.

It's time for teachers to lower the barriers, not the bar. Using strategies that align with research on how people's brains function, teachers can engage all students as individuals and help them reach their maximum potential with joy and confidence.

### **Ditch That Textbook**

Chronic disorganization is disorganization that undermines a person's quality of life. The disorganization keeps coming back even after repeated efforts to get organized. *Conquering Chronic Disorganization* tells the story of chronically disorganized people who ending their

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chronic disorganization by using innovative organizing methods. The stories are humorous and the methods are easy to understand and implement. The areas addressed are disorganization in the home, clutter, papers, time management issues, and office disorganization.

### **Women with Attention Deficit Disorder**

The most comprehensive holistic guide to transforming adult ADD / ADHD. "The Drummer and the Great Mountain - A Guidebook to Transforming Adult ADD/ADHD" starts with the premise that ADD/ADHD is a neurological type, not a disorder -- shared by countless artists and great minds throughout history. It offers a soulful, comprehensive, and holistic support system for creative individuals looking to maximize their potential and minimize their challenges with focus and consistency. Topics covered: Nutrition, Exercise, Emotional Support Tools, Time Management, Life Visioning, Creating Effective Support Systems, ADD / ADHD and Addiction, Meditation and Mindfulness Practices, and much more. Who Can Benefit: 1. Anyone diagnosed (or self-diagnosed) with ADD / ADHD. 2. Artists, musicians, entrepreneurs, and creative-types who struggle with consistency, structure, self-motivation, and possibly addictive tendencies. 3. People taking ADD / ADHD medication who are looking for effective, natural alternatives. 4. Social Workers, therapists, and wellness professionals seeking a comprehensive support plan for their clients. 5. Spouses, partners, and parents looking for ways to effectively support their loved ones. 6. Teachers, life coaches and support professionals wanting to discover more in-depth tools of support. "The Drummer and the Great Mountain is an informative, practical guidebook for those of us with the artistic or entrepreneurial temperament, offering a treasure trove of survival tools, personal growth techniques and coping mechanisms for a personality type that can often be at odds with our linear, rational society." ~ Warren Goldie, Author "This book seems to not only span the whole spectrum of the ADD/ADHD subject but pierces deeply, bringing into focus the essential value of each part of our lives to augment – even perfect – our given natures; no matter how unique, rare or misunderstood." ~ Doro Kiley, Life Coach "Michael has taken a deeper look at how the foods we eat affect our brain chemistry. He has done a beautiful job explaining this phenomenon in clear and understandable terms; offering a realistic roadmap on how to recognize and take control of detrimental dietary patterns." ~ Jennifer Copyak, Nutritionist

### **The ADHD Effect on Marriage**

There's no magic or mystery to creating an organized life, but this useful book provides hundreds of tips to help streamline your life. Morgenstern presents her three-step plan: analyze, strategize, attack.

### **10 Simple Solutions to Adult ADD**

Overbooking? Running late? Feeling overwhelmed by clutter and to-dos? Management consultant Dr. Marilyn Paul guides you on a path to personal change that will bring true relief from the pain and stress of disorganization. Unlike other books on getting organized, It's Hard to Make a Difference When You Can't Find Your Keys offers a clear seven-step path to personal development that is comprehensive in nature.

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Drawing on her own experience as a chronically disorganized person, Paul adds warmth, insight, humor, and hope to this manual for change and self-discovery. She introduces the notion of becoming “organized enough” to live a far more rewarding life and make the difference that is most important to you.

### **The Queen of Distraction**

A guidebook designed for adults with ADHD reviews the history of the disorder and its symptoms, and provides evidence-based treatments.

### **Getting Organized in the Era of Endless**

Focus, organization, stress management, and more--these qualities are gained and improved by strengthening executive functioning and core skills. Thriving with Adult ADHD offers a toolbox of practical, evidence-based exercises to build this mental skill set and take control of ADHD. From managing common distractions at work to regulating emotions with family and friends, these proven-effective strategies target symptoms that impact your home, work, and personal life. Applied through a series of exercises and assessments, Thriving with Adult ADHD is an actionable, results-oriented approach to achieving real, sustainable life changes.--

### **Conquering Chronic Disorganization**

If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized. Organizing Solutions for People with ADHD, 2nd Edition—Revised and Updated presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinsky, it outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Susan's practical solutions address the most common organizing dilemmas among her ADHD clientele, while also drawing on her own personal experience as the mother of a child with ADHD. Color photos, useful tips, and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span. Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

### **Healing ADD Revised Edition**

Groundbreaking and comprehensive, Driven to Distraction has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD

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takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder”—including high energy, intuitiveness, creativity, and enthusiasm.

### **Brain-Friendly Strategies for the Inclusion Classroom**

IF YOU'VE EVER LOST YOUR KEYS, MISSED AN APPOINTMENT OR BEEN DISTRACTED BY A FRIVOLOUS EMAIL, THEN THIS BOOK IS FOR YOU. The key to a less hectic, less stressful life is not in simply organizing your desk, but organizing your mind. Dr. Paul Hammerness, a Harvard Medical School psychiatrist, describes the latest neuroscience research on the brain's extraordinary built-in system of organization. Margaret Moore, an executive wellness coach and codirector of the Institute of Coaching, translates the science into solutions. This remarkable team shows you how to use the innate organizational power of your brain to make your life less stressful and more productive and rewarding. You'll learn how to: ¥ Regain control of your frenzy ¥ Embrace effective uni-tasking (because multitasking doesn't work) ¥ Fluidly shift from one task to another ¥ Use your creativity to connect the dots This groundbreaking guide is complete with stories of people who have learned to stop feeling powerless against multiplying distractions and start organizing their lives by organizing their minds.

### **How to Organize (Just About) Everything**

Women with Attention Deficit Disorder, psychotherapist Sari Solden's, groundbreaking book, explains how every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. This pioneering book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with AD/HD face, such as the shame of not fulfilling societal expectations. Solden explains that AD/HD affects just as many women as men, and often results in depression, disorganization, anxiety, and underachievement. Included in this revised edition is a brand new chapter on friendship challenges for women with AD/HD. Three empowering steps -- restructuring one's life, renegotiating relationships, and redefining self-image -- help women take control of their lives and enjoy success on their own terms. "Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives." (Kate Kelly and Peggy Ramundo, authors of You Mean I'm Not Lazy, Stupid, or Crazy")

### **ADD/ADHD Alternatives in the Classroom**

Over 100,000 Copies Sold! Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application. Books

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about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields -- professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.

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