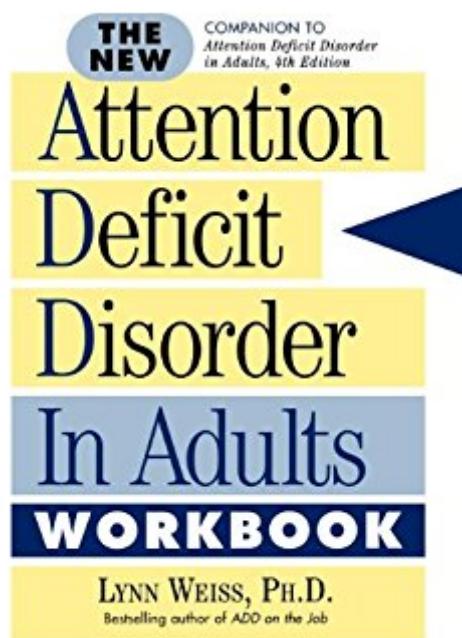


The book was found

The New Attention Deficit Disorder In Adults Workbook



Synopsis

Her workbook aims to emphasize practical steps for screening out distractions, planning and organizing tasks, and managing time. "Dallas Morning News

Book Information

File Size: 1340 KB

Print Length: 286 pages

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Customer Reviews

This workbook hones in on many of the issues that plague us, especially in the workplace. The fact that Dr. Weiss also wrote, "Add on the Job," is a clue as to the major focus of this workbook. Even for those of us who are retired it can be of great value. I have started working through it with my therapist and find it extremely helpful. I would, however, like to find a similar workbook less focused on the work place.

This book is uplifting. Rather than focusing on ADD as a deficit, Weiss addresses it as a difference with some great benefits. So many of the other books take a deficit medical model view. This one is different in a way that I have found much more useful. I especially like the parts of the book where she talks about ADD (rather than the exercises). I'd have given it five stars, but I did not find the

exercises helpful, especially how they're laid out (too spread out and not condensed enough to make them easy to focus on). No matter what, the book is WELL worth it for how Weiss talks about ADD as a positive.

This Workbook is great but for me, it is a lot of work. I have yet to get past the 1st chapter and the work involved in completing it. The book was shipped fast and was in great condition. Thank you very much.

I appreciate this workbook. It gives me something solid to work on in a focused manner. I have also learned so much as I move through the chapters and each issue that has been a life-long struggle. Highly recommend.

Recently diagnosed, I researched helper material carefully and found all of Weiss' work helpful, insightful and unique. This is on my Kindle right now and I look forward to buying the hard copy.

Very well written and a great resource for people with ADD attributes. A lot of invaluable information... This book is definitely worth reading!

Have just begun to read and use Workbook, but can tell that it was written for people like (just a moment) me! I'll probably give it a 5 star (Wait a minute please) rating by the time I'm finished. Thanks Lynn Weiss

Insightful and to the point, this book offers suggestions and strategies to deal with ADD

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