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Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder

By Edward M. Hallowell, John J. Ratey



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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 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.

From the Hardcover edition.

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Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder

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M. Hallowell, John J. Ratey Bibliography

- Sales Rank: #8591 in Books
- Brand: Hallowell, Edward M./ Ratey, John J.
- Published on: 2005-12-27
- Released on: 2005-12-27
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .90" w x 5.20" l, .72 pounds
- Binding: Paperback
- 380 pages

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Editorial Review

Amazon.com Review

Medication? Maybe. Marry the right person and find the right job? A must if you are an adult suffering from ADD (Attention Deficit Disorder). So say psychiatrists Edward M. Hallowell and John J. Ratey, authors of the influential *Driven to Distraction*, published in 1994. In their new book, *Delivered from Distraction*, Hallowell and Ratey survey the current medical landscape concerning ADD, combining their own clinical observations with the latest research to paint a much more complex and, in many ways, positive picture of the condition than has generally been presented.

Hallowell and Ratey embrace the idea that success in life comes more from playing to your strengths than overcoming your weaknesses. In the case of a person with ADD (child or adult), these strengths often include unusually high levels of creativity, charisma, intelligence, and energy. The authors insist that, while medication and other treatments can sometimes work wonders in reducing limitations, surrounding yourself with people who promote these positive traits, be they in your personal or professional life, is the single most important element to living well with ADD. As both Hallowell and Ratey are not only experts in the field, but "ADDers" themselves, the tips and stories they share for how to do so are fresh, funny, and far more helpful than tired arguments over drugs verse no drugs or whether there's even such a thing as ADD at all.--Patrick Jennings

From Publishers Weekly

This follow-up to the authors' 1994 manual, *Driven to Distraction*, has the advantage of personal testimony regarding adult Attention Deficit Disorder (ADD)—the authors themselves have ADD—as well a very readable presentation of the latest research in the field. Defining ADD as a collection of traits, some positive, some negative, the authors intend to encourage those who have this condition or are raising children with it and advise on how to maximize their abilities and minimize characteristics, such as procrastination, that may hinder them at school or work. In a comprehensive overview, Hallowell and Ratey provide a new screening questionnaire for adults and list methods that physicians, parents and educators can use to diagnose and treat the ADD child. Of primary importance to readers are the recommended steps for living a satisfying life with ADD; these include developing personal relationships and engaging in creative activities that will foster self-esteem. The authors also separate nutrition fads from what is known about how diet can affect brain functioning and discuss whether to take medication. Overall, this is an excellent resource.

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Review

Advance praise for *Delivered from Distraction*

"*Delivered from Distraction* is just what it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the latest information on ADD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. As the authors point out, ADD needn't be a sentence to secondhand status. The ADDer who hearkens to their sage and practical whole-life advice will make the most of his or her talents. This book is certain to be a classic for the next decade."

—PETER S. JENSEN, M.D., Ruane Professor of Child Psychiatry, director, Center for the Advancement of Children's Mental Health, Columbia University/New York State Psychiatric Institute

"If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*. No two

psychiatrists in America have thought more deeply about ADD than Ned Hallowell and John Ratey, and no one writes about it with more feeling, understanding, and accuracy. Most important, Hallowell and Ratey share their wisdom about living a good life with ADD. What an optimistic and helpful book!"

–MICHAEL THOMPSON, PH.D., New York Times bestselling co-author of *Raising Cain*

"Edward Hallowell has written a comprehensive, easy-to-understand book on ADD. This is clearly the definitive source of information on Attention Deficit Disorder."

–HAROLD S. KOPLEWICZ, M.D., Arnold and Debbie Simon Professor of Child and Adolescent Psychiatry, director, Child Study Center, New York University School of Medicine

"A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy. As a pediatrician, I have been recommending *Driven to Distraction* to parents for many years, and this new book brings the reader fully up to date in a rapidly changing field, combining the important information about the science and treatment of ADD with powerful advice about getting through life, succeeding in life, and enjoying life."

–PERRI KLASS, M.D., author of *Quirky Kids*

"What is unique and particularly valuable in Hallowell and Ratey's approach is the hopeful message, insistently repeated, that 'at the heart of ADD lies a bonanza of wonderful qualities,' and that in treatment, these strengths and talents can and should be identified and developed."

–CHARLES MAGRAW, M.D., past president, Boston Psychoanalytic Society and Institute

From the Hardcover edition.

Users Review

From reader reviews:

Willie Hickox:

Book is to be different per grade. Book for children till adult are different content. To be sure that book is very important for all of us. The book *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* had been making you to know about other information and of course you can take more information. It is very advantages for you. The reserve *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* is not only giving you a lot more new information but also to become your friend when you experience bored. You can spend your own spend time to read your guide. Try to make relationship while using book *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*. You never experience lose out for everything in the event you read some books.

Arlene Oliver:

Hey guys, do you desires to finds a new book to see? May be the book with the headline *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* suitable to you? The actual book was written by popular writer in this era. The book untitled *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* is one of several books in which everyone read now. This kind of book was inspired a number of people in the world. When you read this reserve you will enter the new way of measuring that you ever know previous to. The author explained their plan in the simple way,

consequently all of people can easily to know the core of this book. This book will give you a wide range of information about this world now. So that you can see the represented of the world within this book.

John Casale:

Precisely why? Because this *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* is an unordinary book that the inside of the book waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book alongside it was fantastic author who have write the book in such remarkable way makes the content inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking means. So , still want to delay having that book? If I were you I will go to the reserve store hurriedly.

Natalie White:

Reading a book for being new life style in this season; every people loves to learn a book. When you read a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, these kinds of us novel, comics, as well as soon. The *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* will give you new experience in looking at a book.

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