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

*By John J. Ratey Md, Edward M. Md Hallowell*



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## Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder By John J. Ratey Md, Edward M. Md Hallowell

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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## **Ratey Md, Edward M. Md Hallowell Bibliography**

- Sales Rank: #76061 in eBooks
- Published on: 2005-12-27
- Released on: 2005-12-27
- Format: Kindle eBook

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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..."

## **Users Review**

### **From reader reviews:**

#### **Sheri Reagan:**

Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite reserve and reading a publication. Beside you can solve your condition; you can add your knowledge by the guide entitled *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder*. Try to make book *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* as your buddy. It means that it can to become your friend when you experience alone and beside that of course make you smarter than before. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know every thing by the book. So , let me make new experience along with knowledge with this book.

#### **Michael Hamrick:**

Now a day people that Living in the era wherever everything reachable by interact with the internet and the resources included can be true or not need people to be aware of each information they get. How people have to be smart in getting any information nowadays? Of course the solution is reading a book. Studying a book can help men and women out of this uncertainty Information especially this *Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder* book because this book offers you rich information and knowledge. Of course the info in this book hundred percent guarantees there is no doubt in it you may already know.

#### **Charlie Hartman:**

Nowadays reading books be than want or need but also work as a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the particular information inside the book that improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want attract knowledge just go with schooling books but if you want experience happy read one using theme for entertaining including comic or novel. The particular *Delivered from Distraction:*

Getting the Most out of Life with Attention Deficit Disorder is kind of publication which is giving the reader unforeseen experience.

**Kristine Toomey:**

Reserve is one of source of information. We can add our knowledge from it. Not only for students but in addition native or citizen need book to know the revise information of year to help year. As we know those textbooks have many advantages. Beside many of us add our knowledge, also can bring us to around the world. From the book Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder we can get more advantage. Don't one to be creative people? To become creative person must love to read a book. Just simply choose the best book that acceptable with your aim. Don't always be doubt to change your life at this book Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder. You can more appealing than now.

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