



## Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder

By Edward M. Hallowell, John J. Ratey

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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 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.

*From the Trade Paperback edition.*

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### Editorial Review

#### Amazon.com Review

This clear and valuable book dispels a variety of myths about attention deficit disorder (ADD). Since both authors have ADD themselves, and both are successful medical professionals, perhaps there's no surprise that the two myths they attack most persistently are: (a) that ADD is an issue only for children; and (b) that ADD corresponds simply to limited intelligence or limited self-discipline. "The word *disorder* puts the syndrome entirely in the domain of pathology, where it should not entirely be. Although ADD can generate a host of problems, there are also advantages to having it, advantages that this book will stress, such as high energy, intuitiveness, creativity, and enthusiasm, and they are completely overlooked by the 'disorder' model." The authors go on to cite Mozart and Einstein as examples of probable ADD sufferers. (The problem as they see it is not so much attention deficit but attention inconsistency: "Most of us with ADD can in fact hyperfocus at times.") Although they warn against overdiagnosis, they also do a convincing job of answering the criticism that "everybody, and therefore nobody" has ADD. Using numerous case studies and a discussion of the way ADD intersects with other conditions (e.g., depression, substance abuse, and obsessive-compulsive disorder), they paint a concrete picture of the syndrome's realities. Especially helpful are the lists of tips for dealing with ADD in a child, a partner, or a family member. --*Richard Farr*

#### From Library Journal

Hallowell and Ratey offer a fine addition to literature on ADD (Attention Deficit Disorder). The authors employ a broad, general definition of ADD ("high-energy, action-oriented, bottom-line, gotta-run-type people") and continually emphasize the special, positive qualities of people with ADD. They describe how ADD affects adults--many Americans mistakenly think of it as a childhood curse--and explain how the American temperament helps create ADD-like symptoms. Best of all are the stories and case studies of myriad folks who have dealt successfully with their diagnosis. A state-by-state list of support groups are included in this excellent approach to an intriguing subject.

- *Linda Beck, Indian Valley P.L., Telford, Pa.*

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#### From [Booklist](#)

ADD is an unfamiliar acronym for a disorder with symptoms so common that their identification as a distinct mental function syndrome is recent. *Driven to Distraction* informs and elaborates on what is formally called Attention Deficit Hyperactivity Disorder in children but is also recognized and treated as an adult disorder. The authors display a detailed, reassuring familiarity with its many expressions, from daydreaming to out-of-control behavior, forgetfulness, and compulsiveness. Revealing characteristics in adult examples distinguish ADD from other diagnoses; and childhood ADD is described with convincing optimism. Ranging among pharmacology, neurology, biology, and clinical findings and personal and professional experience with much practical assistance, this is an absorbing look at current efforts to understand troubling and exasperating behaviors. *Virginia Dwyer*

### Users Review

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**Alysa Appel:**

Have you spare time to get a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book titled Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder? Maybe it is being best activity for you. You recognize beside you can spend your time along with your favorite's book, you can better than before. Do you agree with the opinion or you have different opinion?

**Bryant Kelly:**

The ability that you get from Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder is the more deep you digging the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder giving you joy feeling of reading. The article author conveys their point in particular way that can be understood by means of anyone who read it because the author of this e-book is well-known enough. This book also makes your own vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this particular Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder instantly.

**Kelly Brooks:**

Information is provisions for anyone to get better life, information today can get by anyone on everywhere. The information can be a know-how or any news even a problem. What people must be consider while those information which is inside former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you obtain the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen inside you if you take Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder as your daily resource information.

**Victor McDowell:**

Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder can be one of your beginning books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The author giving his/her effort to set every word into satisfaction arrangement in writing Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder although doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial imagining.

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