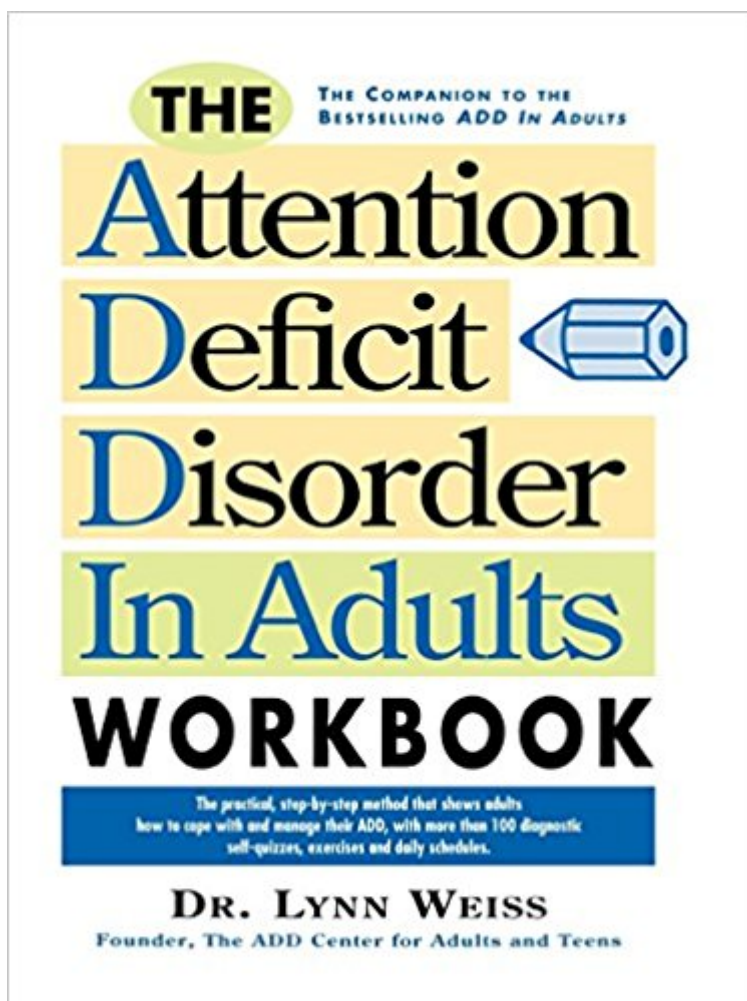


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# The Attention Deficit Disorder In Adults Workbook



## Synopsis

Over 200,000 copies of Attention Deficit Disorder in Adults, 3rd edition, have been sold. Since its last revision, dozens of new treatments and philosophies about ADD and ADHD have met with storms of controversy and great media attention. Time and again, Lynn Weiss cuts through the noise and gets down to the point in a human, caring, and professional way. People turn to the Weiss library for a breath of fresh air on the ADD turmoil. This workbook not only touches on and dispels the most recent clinical findings, but it also emphasizes the bigger perspective, focusing on the empowerment and diversity issues facing all of us on the A.D.D. continuum today. It persuades readers to work through their challenges with practical, prescriptive exercises and insights.

## Book Information

Paperback: 192 pages

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Average Customer Review: 3.4 out of 5 stars 19 customer reviews

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## Customer Reviews

Her workbook aims to emphasize practical steps for screening out distractions, planning and organizing tasks and managing time. (Mike Maza The Dallas Morning News)The book helps sufferers self-screen, cope with and manage their ADD. (Tina M. Steffen Fort Worth Star-Telegram)The Attention Deficit Disorder in Adults Workbook emphasizes practical steps for screening out distractions, organizing tasks and managing time. It may prove helpful for adults who suffer the neurological condition. (Kansas City Star)[This] readable workbook is a combination journal, self-quiz and organizer—[all designed to give the user a daily, practical, hands-on method of dealing with Attention Deficit Disorder.](#) In this useful resource, Weiss takes the reader step-by-step through the stages of recognizing and managing the disorder. (Karen Klinka Daily

Oklahoman)[Lynn Weiss] shares her findings, symptoms and ways to handle the complex disorder in this easy-to-understand book. (Velma Daniels Winter Haven News-Chief)

Nationally recognized and actively sought as a voice of reason, Lynn Weiss needs no introduction. Her writing accomplishments appear below. Books: View from the Cliff: A Course in Achieving Daily Focus, Taylor 2001; A.D.D. and Success, Taylor 1998; A.D.D. and Creativity, Taylor 1997; How to Read Your Child Like a Book, Meadowbrook Publishing Co. 1997; Give Your A.D.D. Teen A Chance, Piñon Press 1996; A.D.D. on the Job, Taylor 1996; The Attention Deficit Disorder in Adults Workbook; Attention Deficit Disorder in Adults: Practical Help and Understanding, Taylor 1992, Third edition, 1996, Best-seller. Power Lines: What to Say in Problem Situations, Weiss and Lora Cain, Taylor 1994. I Wasn't Finished with Life, Weiss, et.al., E-Heart Press. Most recently, excerpts in ADDvance Magazine from View from the Cliff, 2001 to continue throughout 2001-2002; ADDitude Magazine, 2000; Monthly columns in Recovery; Dallas FamilyMagazine; SR Texas; Total Fitness; View Magazine, 1987-1995; Dozens of articles in newspapers, journals and newsletters on child development and child care issues. 1966-present; on ADD/ADHD issues, 1987-present; on human behavior 1966-present.

This book was great for me! It was as though the author had been living inside my brain. Some of the issues in this particular book did not particularly pertain to me, but most of them did. I have purchased several of these books and given them to people who have been diagnosed adult ADD or ADHD telling them to return it if they did not like it. If they did like it then they could reimburse me for it. So far 6 of 6 people have sent me a thank you note with a check for repayment. I have just ordered another copy of this book for my fiance to have for his own reference since this book does a much better job of explaining how I think, feel, act etc than I can! Another book that I read just after being diagnosed and medicated for ADHD is "Safe People" by Cloud and Townsend. It helped me to re-set limits, re-define boundaries, and fine tune my interactions. It is also available on audio!

This is a Very nice description for ADD. I have enjoy reading this book.I do recommend it for professionals and for clients..

I purchased 4 copies of this book for my wife, who is an MFT doing psychotherapy in Sacramento. Many of her clients suffer from ADD. After receiving the copies and perusing them, she expressed her disappointment that the workbook did not adequately address the problems adults with ADHD

face. Other than this she has made no comments either in praise or in criticism of it. As my title indicates, it's too soon to make an appraisal of the book's value to a therapist or an individual with ADD.

If you are a person looking for information that will assist you with managing symptoms, this book isn't for you. It is very basic and one who has an understanding of ADD will find themselves remiss for why the purchase was made.

Very helpful in understanding ADHD -- and working on parts of it to understand how to cope with ADD in adults

This is an excellent work book which helps me understand ADHD. Currently I'm using it in sessions with my counselor!

The book arrived in excellent condition, the shipping time was great and I would definitely order again!

Grown-ups have ADD too. Lynn Weiss was the first to tell us so, and she brought the concept to national awareness. Her title, "Attention Deficit Disorder In Adults" misses the pizzazz enjoyed by flashier titled books, but the content is succinct and superb. The much larger "Driven to Distraction" is more thorough, by far, but it also has 100 more pages. Weiss' gives the reader just enough to start the reader exploring ADD seriously for the first time. Kenneth A. Bonnet Ph. D. is promoted with her, as he penned the introduction. Feel free to skip it; there is nothing useful there. Just as anecdotal as any other psychology-related popularly written book, the reader will see several case studies to which he or she might relate. Weiss lists and describes the emotional pain felt by most ADD sufferers, from self-esteem to anger and more. She presents the positives of ADD, and how having it isn't a condemnation to a life of rags and sad frustrations. Unlike some other books, Weiss isn't playing the game that ADD is a blessing, but she objectively acknowledges what it is, and what can be done about it. She discusses with candor romantic relationships. There is an excellent question-answer section for friends and family. The best value comes from the chapter on restructuring. At a certain point, someone with ADD knows what's going on, but what they want to know is how to deal with it. Weiss shows the way with example charts that can realistically be applied. The singular drawback to this book is its need for an update. Research has been exploding

with new ideas in medication, diagnoses and management. Weiss tackles all of this in a 60+ page Appendices section, with contact information for support groups, organizations, and sample official letters to interested parties. Year to year, these lists can quickly become out of date. I'm a big fan of Weiss for the reason that through every one of her books, she's a pragmatist. No silly games of "I think I can, I think I can," but good old-fashioned how-tos. Other helpful books in the ADD reader's library will be "Driven to Distraction" by Hallowell and Ratey, "Uncommon Gifts" by James Evans (very encouraging, especially for men), and "Managing Attention & Learning Disorders: Super Survival Strategies" by Elaine K. McEwan. I fully recommend "Attention Deficit Disorder in Adults" by Lynn Weiss. Anthony Trendle, editor, HungarianBookstore.com

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