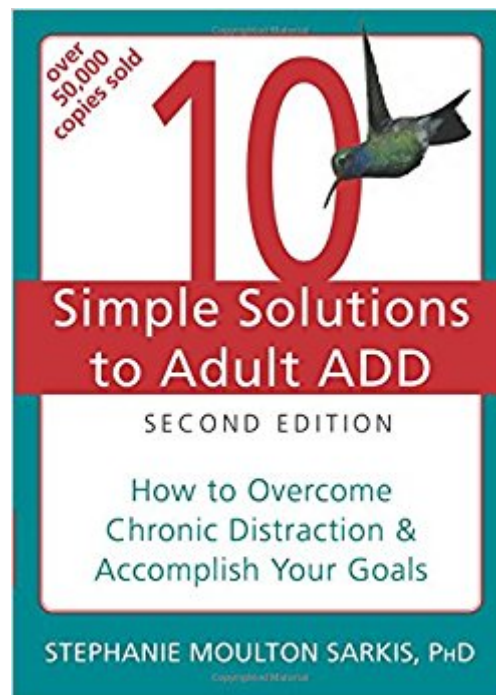


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# 10 Simple Solutions To Adult ADD: How To Overcome Chronic Distraction And Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series)



## Synopsis

Managing attention-deficit disorder (ADD) as an adult is a constant challenge. You may notice that your mind sometimes wanders during conversations. Maybe you keep misplacing your keys. Or your ADD may be causing bigger problems in your life, making it difficult to keep in touch with friends and family and leading you to procrastinate on important projects. *10 Simple Solutions to Adult ADD* offers ten easy ways to better manage your symptoms and live better with ADD. Written by noted author and acclaimed psychotherapist Stephanie Sarkis, who has used these solutions to personally overcome her ADD symptoms, this concise and clear new edition offers the latest treatment information to help you sharpen your focus, improve your relationships, and manage your time and money.

## Book Information

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## Customer Reviews

I really like this book. It is pretty short, but it contains some very good ideas. I read it a few days ago, and picked up a few tips which I've been using. The brevity helps to avoid information overload, but there are plenty of citations throughout so that the reader can look into the research if they decide to. The layout is great. It's easily readable from cover to cover in one day, but it is also very easy to jump straight to the relevant idea when you need it. I like the fact that there are exercises at the end of each chapter to help with synthesising the information. My only complaint is that, in the descriptions of ADHD, hyperactivity is normally assumed, so for inattentive types it can

be hard to relate to some of the examples. But the tips have been useful and they seem like they would be applicable for all types of ADHD.

This book is a strange mix between hints from Heloise and ADD suggestions, ranging from advice to use 'sock buddies' to keep your socks together and storing clothing in vacuum seal bags, to parking in the same place in every parking lot (so you can find your car) and dressing your children in bright colors when going into busy areas (so you can find your children). On the plus side, it's very simple reading. On the minus side, it's superficial and only occasionally practical. If you want more solid solutions, try a different book. My favorite: ADD-friendly ways to simplify your life.

Hi, i'm reading alot of books on adhd and this was one of the most practical books i've ever read on the subject. In fact it's so practical that I wished all authors will follow this example because it's not so lengthy where it's boring, it's the most no nonsense book i've read on the subject. I've read a similar book from Thom Hartmann's add sucess stories and this book was way better organised into 10 practical chapters. The suggestions were also similar yet so much better in this book. After reading this book, I for the first time in my life cleared all cluttered from all of my rooms and still kept it tidy. I should read up on managing money because i'm overspending way too much this month. It's good because it's almost like a reference manual, you can always go back and check the chapter that you need to work on. Okay it doesn't get overly specific, still I don't have many complaints about this book. You won't be disappointed with this book, keep it handy, it's a good reference manual and it's among the best i've read so far.

I found this book to be very helpful. As a person with ADD, and who has family members with ADD I have explored many techniques, many ideas, many ways to cope. However, as I tell everyone, sometimes you need a tune-up. This is a tune-up book. You can grab it off the shelf, turn to the right chapter and get a refresher on the dos and don'ts one needs to live in the "normal" world. For whichever problem is dominant at the time, you can find solutions. The solutions are quick and easy to read. They are helpful, without prolonging the information. There are other sources available on this subject, but they take so long to read and then digest and then put into practice, that by the time you get to the end of the book, you are either over stimulated or you forgot why you started reading the book in the first place. Not so with this book. When Ms. Sarkis says 10 simple solutions, that is exactly what she means. Now if you want to read and digest more detailed tomes, be my guest, but for me, quick and to the point is what I need. When I want a reminder, or a little jolt of reality to stop

the clutter or organize my thoughts, this will do it. Rarely do I have time to sit and read the more in depth books on this subject. But I do need to keep myself on track and this is an immensely helpful tool. Whether you are looking for self help or for ideas to help others, here it is.

In *10 Simple Solutions to Adult ADD*, Dr. Stephanie Sarkis provides a roadmap for people with ADD to reclaim control of their chaotic and often frustrating lives. Her tips are straightforward, practical, and doled out in bite-sized morsels that can be consumed easily within the attention span of someone with ADD. Despite the title, this book contains valuable tips for anyone who wants to improve their efficiency of daily living. Who wouldn't benefit from learning how to organize, prioritize, simplify, and unclutter their lives and their surroundings? But if you do have ADD, either read Chapter 4 first or buy two or three copies in case you misplace it before you finish reading it. Richard Moskowitz, M.D., psychiatrist and author of *Carousel Music* and *Lost in the Mirror*, 2nd Edition: An Inside Look at Borderline Personality Disorder

*10 Simple Solutions To Adult ADD: How To Overcome Chronic Distraction & Accomplish Your Goals* by Stephanie Moulton Sarkis, Ph. D. (Adjunct Assistant Professor of Counselor Education at the University of Florida) is a solid self-help guide to developing lifestyle patterns to offset the disadvantages for attention-deficit disorder in adults. The techniques to improve concentration and memory, manage money and time better, and raise self-confidence, while especially invaluable to adults with ADD, are also quite useful for lay readers of all backgrounds. From the "Five Box" method for sorting one's possessions (fix it, give it away, keep it, don't know, and garbage) to the value of using alarms in wristwatches to keep track of time (especially while on the computer) to using a seven-day pill container to ensure one takes the correct dosage of one's medication over the course of a week, the advice in *10 Simple Solutions To Adult ADD* is invaluable. Additional tips for diplomatically disclosing that one has ADD, picking up nonverbal cues in social situations and much more round out this no-nonsense, practical guide.

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