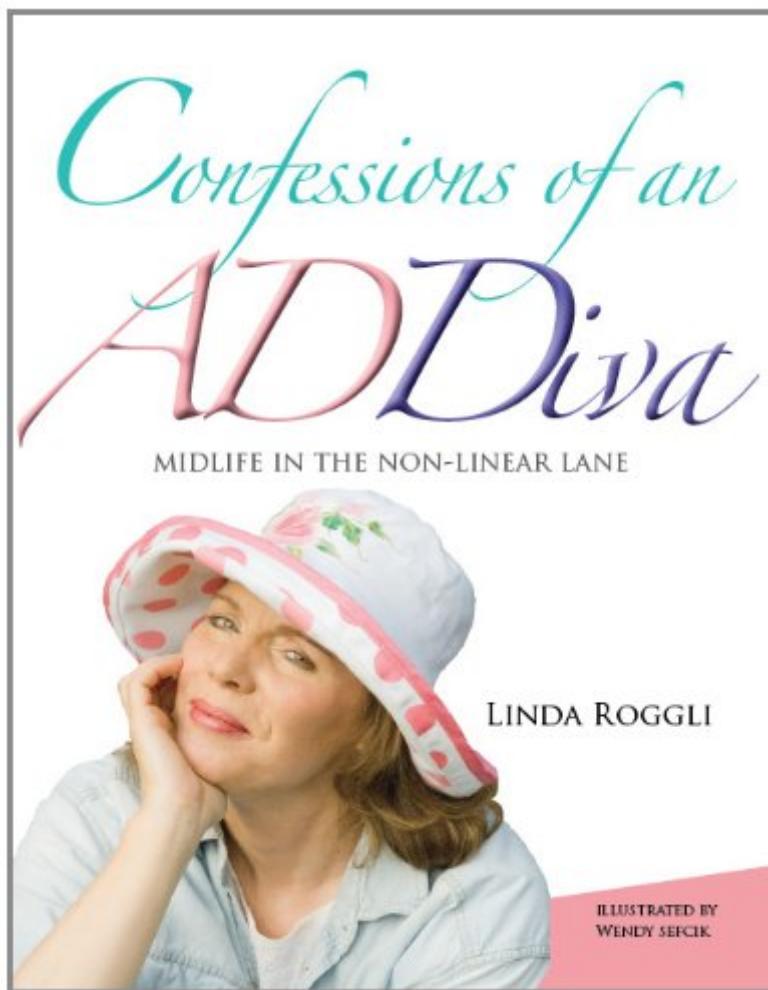


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# Confessions Of An ADDiva: Midlife In The Non-linear Lane



## Synopsis

First prize award-winner for Women's Issues in the "Next Generation Indy Book Awards." Is it ADD or is it AGE? It might be both, as the author discovered when she was diagnosed with Attention Deficit Disorder at age 45. "Confessions of an ADDiva" traces her journey from denial ("Does this mean I have 'dain bramage?'") to acceptance ("I've stopped apologizing to doorknobs."). Written with a good twist of humor and a tender dose of poignancy, "Confessions" shines a light on women whose unrecognized ADD-ish symptoms have reached a crescendo at "that certain age." Brain fog, memory malfunction, running late to appointments, losing the car keys (and reading glasses) are only part of the fun of midlife ADD! "Confessions" is formatted in ADD-friendly style with lots of white space, whimsical illustrations and short chapters (for midlife women who constantly read five books at a time but rarely finish any of them). Roggli's raw honesty and optimistic attitude will reassure ADD women at any age that the best is yet to come. As one reader put it: "I laughed, I cried and I learned."

## Book Information

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## Customer Reviews

At an ADD coaching conference, one of the other coaches shared with me that he found Confessions of an ADDiva to be so brutally honest that he actually felt embarrassed as he read it. Hearing that, I ordered it as soon as I had Internet access. The first thing I noticed was the large print of the words on the page, easy to understand language, and lots of doodled drawings on each page. The book not only held my full attention, it made me laugh out loud and many of the stories made me cry. It's such a fun and easy read. There is not a boring utterance and no way that anyone can stay in a bad mood reading it. I don't know which is more gripping: Linda Roggli's excellent information on the inner workings of ADHD .... or her hysterical, and I mean truly funny, stories as a person who lives inside an ADD brain. Linda explains life in the ADD brain in a way that no one else has done. The reader gets to travel with Linda through missed plane flights, robbed offices, checks with decimals in the wrong place, struggles with miscalculation of time, the need to control and so much more. It's a wonderful journey through what it is like to have an ADHD brain and what to do about it to find your own solutions. I have plowed through so many classes on the neurobiology of ADD and on the structure of the brain, specifically the role of the prefrontal cortex in ADD. While I am really interested in that, those lessons tended to activate my allergy to boredom, my most prominent ADD characteristic. ADDiva presents this information with Linda's friends, Mr. Dope A. Mean (for dopamine), and other sultry characters. And if you already know about it, then read it just to be entertained. You will love this book whether you have ADD, or have a friend who has ADD, or a spouse, or a kid, a neighbor and even if you are from another planet and never met anyone who is ADD.

I could not be happier with a purchase, as I was with this book. Most don't meet my expectations, but I have to say, if you are or you know a women diagnosed later in life with ADD, then this is a read that you MUST put on your list....if you can get to it!! I could not put it down, it was me in every page. I learned about Linda through her website, but was so amazed at how I identified with just about everything she discussed and shared. I laughed, cried, mourned, emphasized, and smiled all thru the book. Thoughtful, candid, and very open to admitting her foibles, and struggles with ADD, this book will stay with me for the rest of my life, and will use it as a guide. The best money you can spend!!

I put the book in my car thinking I'd read a chapter now and then when I was out for breakfast. Surprise! I couldn't put it down. It's a compelling narrative and enjoyable read. The layout and illustrations make it easy to read too, which is the intention of the author, who's learned a lot about

things that either help or hurt those with ADD and those who love or work with them. I don't have ADD but know a number of adults who do; I'm buying them all a copy. This is extremely well-written, full of personal anecdotes that illustrate the points the author is making about living with ADD. She's frank and open about her own ups and downs through the years. But it's not just a self-absorbed personal "confession." She's put the science into lay terms, making it accessible for all of us. Best of all, the book is one of hope and encouragement, celebrating the good things that can come from having ADD, especially if it's recognized and properly managed. And if I were a physician or therapist, I would be recommending this book to all my patients.

Confessions of an ADDiva is quite different than other books on the subject of ADHD. For one thing, as I read, I felt like I was reading into my own past, and my own mind! It was so wonderful to read Linda Roggli's words, which mirrored my life in many ways. It was a relief to read that I am truly not alone in my "eccentricities". Beyond that, Confessions offered a new perspective on adult ADHD...and that is the perspective of forgiving yourself of your ADD tendencies, and being proud of the person who has hidden her ADHD for so many years. Linda offers not only her very personal and honest accounts of living daily with ADHD, but she offers advice and hope. After reading this book, I feel hope that I can let go of the anxiety, fear, and shame associated with a lifelong history of living with ADHD. Anyone who reads this book can better understand and help their loved-ones who have ADHD. While this book is aimed at women in midlife, I am in my mid-thirties and found this book just as relevant to women in my age group.

The first book I read when recently diagnosed with adult ADHD!! Linda gives you a clear, fun, true account of her life with ADHD, truly, it takes one to know one. Continue interacting with her on the web: Blog and Facebook in particular. She offers webinars with leaders in the field of ADHD which I have found very helpful and informative. Linda is a motivator to women with ADHD!

As a person who was diagnosed with ADHD at 53, I can appreciate this warm, funny, and insightful confession of a fellow ADD/ADHDer. I just started reading this book and I can hardly put it down but I wanted to share my review with other ADD/ADHDers online. If you have been diagnosed with ADD/ADHD, or know someone who has, please order this book, it's money well spent and you'll be glad you did! I have never laughed so much and felt more like saying Confessions of an ADDiva "R ME". It's like Linda Roggli, the Author, knows me and wrote this book about my own journey through ADHD. Thank you, Linda! Enough said, because I'm back to reading now my book.

Oh, whoa! A must read! This is inspirational, and written very well so that even us ADD'ers get it. The chapters are placed perfectly so that if needed you can go back and re-read easily. What a lovely book, and a lovely person, she even has a website FULL of awesome inspiring information that I found to be very helpful. Thank you Linda for writing this book, which feels as if you wrote it just for me.

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