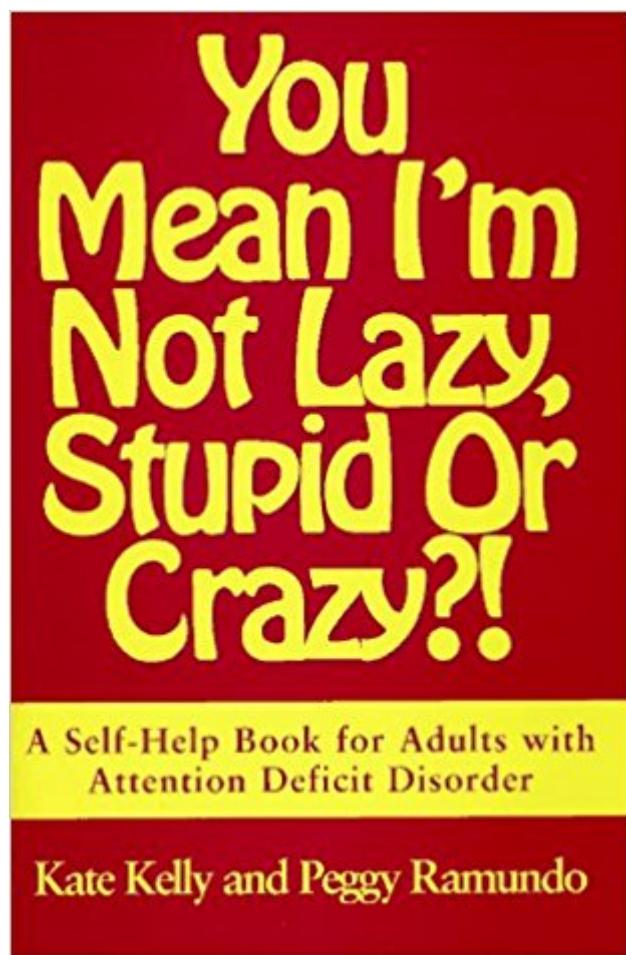


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# You Mean I'm Not Lazy, Stupid Or Crazy?!: A Self-Help Book For Adults With Attention Deficit Disorder



## **Synopsis**

A practical guide to identifying, understanding, and managing Attention Deficit Disorder in adults includes current research findings, treatment options, impact on interpersonal relationships and self-esteem, tips for improving organization and memory skills, and valuable moral support. 50,00 first printing. Tour.

## **Book Information**

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## **Customer Reviews**

Edward M. Hallowell, M.D. Harvard Medical School, coauthor of "Driven to Distraction" Refreshing, engaging, humorous and true. The title alone makes this a book to remember...Should help anyone affected by ADD. John Ratey, M.D. coauthor of "Driven to Distraction" A much needed addition to the ADD bookshelf. --This text refers to the Paperback edition.

Kate Kelly is an advanced practice mental health nurse with twenty-two years™ experience as a family, group, and individual therapist. She has specialized in working with AD/HD adults for the past thirteen years and is the founder of the ADDed Dimension Coaching Group. Kate and Peggy Ramundo are the coauthors of the bestselling books, You Mean I'm Not Lazy, Stupid or Crazy?! and The ADDed Dimension. Both Kate and Peggy are nationally known speakers and workshop leaders, offering topics related to AD/HD. Currently, Peggy and Kate are revising the Lazy Crazy book and writing a third book on AD/HD and relationships. Currently in private practice as an ADD and Life Coach, Peggy Ramundo,BS, A.C.T., STCL, DT, SCAC has been coaching adults with ADD

for twelve years and has been working professionally with ADD adults for twenty-five years. A senior Tele-Class leader for the worldâ™s first ADD coach training program with The Optimal Functioning Institute, Peggy also served as OFIâ™s Director of Training. Peggy and Kate Kelly are the coauthors of the bestselling books, You Mean I'm Not Lazy, Stupid or Crazy?! and The ADDed Dimension. Both Peggy and Kate are nationally known speakers and workshop leaders, offering topics related to AD/HD. Currently, Peggy and Kate are revising the Lazy Crazy book and writing a third book on AD/HD and relationships. --This text refers to the Paperback edition.

I don't like to dump all over someone's hard work, but I felt the need to write a review to help other ADDers. This book has very little structure, jumps from topic to topic and does not flesh out sound ideas or provide a plan. It's basically paragraphs of antidotes and advice interspersed with "real world" examples and cheesy clip art. And it's so outdated, it hard to apply to modern life in 2016. Just recently diagnosed as an adult, I'm reading every book I can find on the topic. My favorite thus far is Delivered from Distraction by Hallowell and it provides a clear 8 step plan. Read Lazy Stupid Crazy if you want more information, but don't let this be the only book that guides you on this path.

ADD covers a wide spectrum of symptoms and this book does not try to pigeonhole people, and gives examples of how different conditions can be. Recommended for people who might be trying to understand what ADD is all about. Filled with continuous examples that of how different ADD can be from one person to the next.

This book is wonderful source for anyone who has been diagnosed with ADD. It's really insightful, in helping to understand your diagnosis. I haven't been able to read as much as I'd like, but I am so looking forward to getting into this book. I wish that I had known about it when I was first diagnosed.

If you have a friend or relative (or if you) who has AD, please read this book...their actions will suddenly make sense to you. Knowing the problem is the 1st step toward getting life on track. My life would have been so different if my mom had had this book to read.

Love! Love! Love this book! I am a counselor but love the simple language that is used. I have recommended it to countless clients who find so much comfort in it. Being an adult with ADD, I use it often as well for reference when stuck on how to help myself or others. Very readable for people who lack the focus or patience to read a huge book as you can take it in small bits and pieces.

This book really helped me, I knew there was something wrong me and now I know what it is, as it explained to me why I have been doing some of my dysfunctional issues. Spending, hording, saying things I should not have said, so many issues that many doctors have not treated me. I was just getting anti depresents. Finally after 25 years on Paxil, they have added Welbutrin. I have only been on it a week but already my mind has calmed down. I can actually focus, and I feel better. I hope this if finally my solution. I would reccomend this book to any one who knows something is wrong but cannot find the answer. Don't get me wrong, I am not saying this is going to solve everyone's issues all I can say how much it did for me...Good Luck

As one of the most popular books on Adult ADHD, I had high hopes for the work. However, I sometimes found the explanations too easy and/or repetitive for readers who are well versed in mental health topics. As such, while this work may benefit those new to exploring adult ADHD, I have found other resources to be more concise, informative and appropriate for an adult audience. Sometimes the writing style comes across as pedantic and silly. The section on medication was rather sparse, whereas other sections, i.e, concerning work, love, seemed a tad long or unnecessary.

I found this book after watching a PBS show about this topic. I have it. I have had it all my life. I did not know that I had it, but I knew something was up... My wife knew I had it, she also understood my creativity and pain...Great book. It has helped me to understand my personality and why I do the things that I do.

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