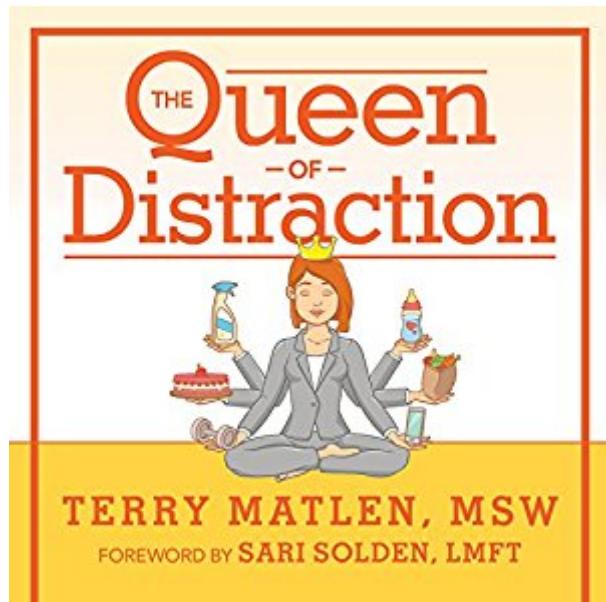


The book was found

The Queen Of Distraction: How Women With ADHD Can Conquer Chaos, Find Focus, And Get More Done



Synopsis

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be The Queen of Distraction. And whether or not you've been formally diagnosed with attention deficit/hyperactivity disorder (ADHD), you probably already know that something's got to give. The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD, discussing the elements of this condition that are particular to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing with out-of-control hormones. In addition this audiobook offers helpful tips and strategies to get your symptoms under control and outlines a number of effective treatment options for you to pursue.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: October 6, 2015

Language: English

ASIN: B015JRXHI0

Best Sellers Rank: #24 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #31 in Books > Audible Audiobooks > Health, Mind & Body > Health #42 in Books > Parenting & Relationships > Special Needs > Disabilities

Customer Reviews

This book is really helpful! There are not a lot of books specifically for women with ADD/ADHD. I purchased it a few months ago. This past week I had a few questions specific to ADD/ADHD & being a woman. Instead of doing a search on the internet, pulled up Terry's book as a reference. Terry's book addresses issues women face in life and how having ADD can complicate things, but she offers resources & information to help you get past that hurdle. My problem was related to hormones & medication. My husband would share I have problems around 4-6 pm daily. (vyvanse crash) I am so irritable, struggle focusing & often can't complete making dinner. A few times a week

I say to him I must be developing dementia! When I read the chapter in Terry's book about hormones it addressed how when hormones change throughout life, some women become concerned they might have dementia! She then goes on to explain the differences between dementia and ADD/hormonal changes. How did she know? I was so relieved. Terry is very open about her personal issues r/t ADD. Not only does she talk about her ADD, she is an example of an individual that uses her ADD as a strength. For over a year, I have followed her blog. I am one of those people, diagnosed with ADD as adult. Age 38. When diagnosed you question a lot of things which might be related to ADD/ADHD; struggling in school, difficulty understanding or learning new concepts, impulsivity, interrupting other people in conversations (then losing friends), smart however unable to comprehend jokes, falling asleep during school/church, focusing on the least important thing... I was the typical girl with ADD. Last September, I joined one of Terry's women's ADD groups. It was one of the best choices I have made.

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Delivered From Distraction: Getting the Most Out of Life with Attention Deficit Disorder Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time

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