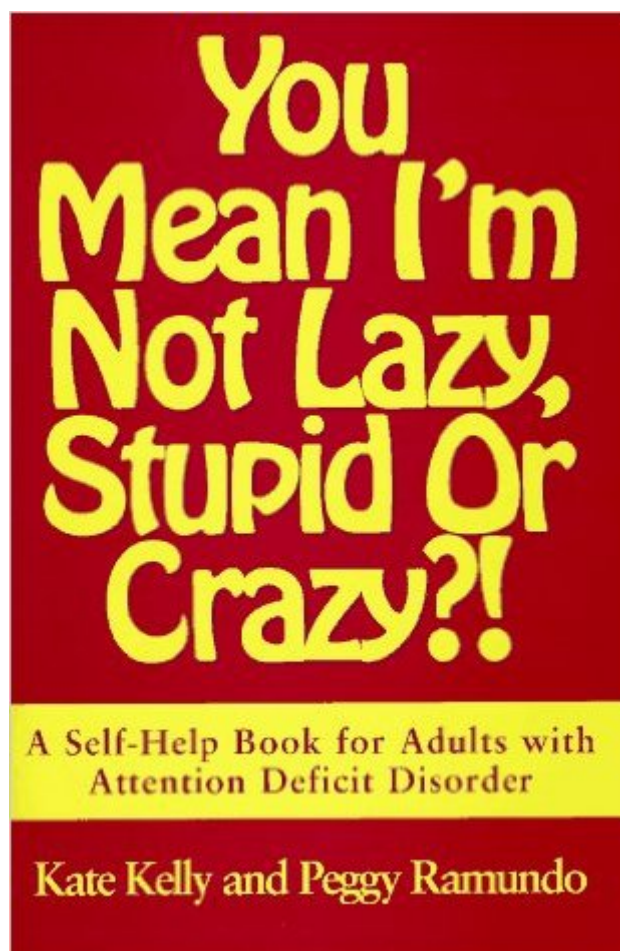


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You Mean I'm Not Lazy, Stupid Or Crazy?!: A Self-Help Book For Adults With Attention Deficit Disorder



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

Hardcover: 464 pages

Publisher: Scribner; 1st Scribner ed edition (January 30, 1995)

Language: English

ISBN-10: 0684801167

ISBN-13: 978-0684801162

Product Dimensions: 6.6 x 1.3 x 9.5 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (353 customer reviews)

Best Sellers Rank: #90,656 in Books (See Top 100 in Books) #2 in [Books > Parenting & Relationships > Special Needs > Hyperactivity](#) #135 in [Books > Parenting & Relationships > Special Needs > Disabilities](#) #4595 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

Customer Reviews

While reading some of the previous reviews, I saw one that mentioned "contemporary science" - written in 1999. The first .com customer review for this book is from 1997. If I'd read it then, I would have rated it higher. But a book that deals with anything medical needs to be updated long before it's a decade old, which this one now is. The chapter on medication is completely outdated; it shouldn't be referred to by anyone who wants to know what options are available now. And while all the scientific/medical questions about ADD/ADHD haven't been answered, more is known now than when this book was written. The fact that this book has helped many people understand themselves better is great, and I'm not one who equates wanting to understand yourself with looking for excuses. This book has been recommended not only doctor to patient but friend to friend for a long time, and what it has can be helpful - the reason I gave it three stars. But I hope a second edition isn't being held back by the fact that the first one is still being recommended and purchased; it could be so much better if the information were updated. I personally had a more general problem with the book, which may also be related to its age. I'm primarily inattentive type ADD, and felt like I was a

real outsider while reading this book. Some things applied to me, but a lot didn't. And anytime there was a statement like, "We all remember from our childhood..." I'd think, "Nope. Not me." Not that there's anything wrong with a book aimed at people with combined or primarily hyperactive ADD, and I didn't take away a star because of it, but "nowadays" that would probably be stated more clearly in the information about the book, or even on the cover. But back in 1996, that might have been less likely.

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Attention Deficit Disorder: The Unfocused Mind in Children and Adults
Attention-Deficit Hyperactivity Disorder in Adults
Scattered: How Attention Deficit Disorder Originates and What You Can Do About It
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