

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents

By Nancy A. Ratey

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For the millions of adults diagnosed with ADHD The Disorganized Mind will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around.

The Disorganized Mind addresses the common issues confronted by the ADHD adult:

"Where did the time go?"

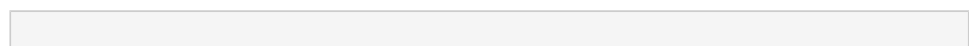
"I'll do it later, I always work better under pressure anyway."

"I'll just check my e-mail one more time before the meeting..."

"I'll pay the bills tomorrow – that will give me time to find them."

Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change – this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible.

Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.



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- Sales Rank: #108494 in eBooks
- Published on: 2008-04-01
- Released on: 2008-04-01
- Format: Kindle eBook

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Editorial Review

From Publishers Weekly

Ratey has produced a valuable resource for people addressing the daily challenges caused by the neurobiological condition of Attention Deficit Hyperactivity Disorder. Symptoms of ADHD include difficulty with organization, focus, and time management. Ratey, a professional ADHD coach who was diagnosed with the disorder herself while in graduate school, provides a set of concrete tools that ADHD adults can use to help themselves traverse both personal and professional situations, though the author emphasizes that her book is not a substitute for diagnosis and treatment. Short sections explaining the biological reasons for the disorder's more exasperating symptoms are contributed by Ratey's husband John, a psychiatrist specializing in treatment of ADHD and co-author of *Driven to Distraction*, a seminal ADHD book. With a nod to her audience, Ratey divides her book into sections that can be absorbed in small increments, including her own struggles with the disorder, her six-step "A.N.S.W.E.R." system, case studies and tips from spouses and employers. For ADHD sufferers, Ratey's book might not be a one-stop remedy but it's an extremely helpful starting place.

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Review

Advance praise for The Disorganized Mind:

"Nancy Ratey, the queen-maven of coaching, has written a masterful and practical guide to the world of promoting peak performance and peace of mind through the power of coaching. *The Disorganized Mind* will make all who read it more successful, less stressed, and happier in their pursuit of their goals. This book is a total winner!"

- Edward Hallowell, M.D., co-author of *Driven to Distraction* and author of *CrazyBusy*

"In a very warm and personal style, Nancy Ratey, a true pioneer in the field, demonstrates the depth of her expertise and empathy for adults with ADHD. In her book, *The Disorganized Mind*, Ratey skillfully guides the reader through a potentially life changing process!"

- Sari Solden, MS, author of *Women with ADD* and *Journeys through ADDulthood*

"Well done! This book will really help ADDers understand what coaching is and how they can self-coach. It's a compassionate book clearly based on years of successful coaching experience. I'll recommend it to my clients."

- Judith Kolberg, Award-winning professional organizer. Co-author, *ADD-Friendly Ways to Organize Your Life*

"Speaking as a mother of a child with LD and ADHD, I knew little about coaching prior to reading Nancy Ratey's extremely insightful book. I particularly liked the chapter on Time Mismanagement as I have seen first hand how challenging this can be. Nancy's book will inspire, and serve as an invaluable life guide for those who lead scattered, disorganized lives."

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- From the Foreword by John J. Ratey, M.D., co-author of Driven to Distraction

Users Review

From reader reviews:

Edward Tuttle:

Book is to be different for every grade. Book for children right up until adult are different content. To be sure that book is very important for us. The book The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents was making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The guide The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents is not only giving you much more new

information but also being your friend when you truly feel bored. You can spend your spend time to read your e-book. Try to make relationship using the book *The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents*. You never feel lose out for everything should you read some books.

Roxanne Pineda:

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Janice Burgess:

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Ruby Harris:

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