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Kolberg, Judith,

Nadeau, Kathleen

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clients and anyone

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that faces daily
ADHD challenges.
This
comprehensive,
easy to read book is
packed full of
helpful organizing
ideas and
strategies. Readers
can apply these life
changing methods
immediately, to fit
their specific needs.

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Dilemmas. B-o-r-i-n-
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Sight, Out of Mind
(OosOom):

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In ADD-Friendly
Ways to Organize
Your Life, authors
Judith Kolberg and
Kathleen Nadeau

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provide insight into the ADHD tendencies that make sticking with an organizing system so difficult and suggest that — yes, you 're reading this correctly — we work with those tendencies.

Book review: ADD-Friendly Ways to

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their classic text
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Readers will enjoy all new content on organizing digital information, managing distractions, organizing finances, and coping with the "black hole" of the Internet. This exciting new resource offers three levels of strategies and

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support: self-help, non-professional assistance from family and friends, and professional support; allowing the reader to determine the appropriate level of support.

Chronic disorganization is disorganization that

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undermines a
person's quality of
life. The
disorganization
keeps coming back
even after repeated
efforts to get
organized.

Conquering Chronic
Disorganization tells
the story of
chronically
disorganized people
who ending their

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To Organize

chronic disorganization by using innovative organizing methods.

The stories are humorous and the methods are easy to understand and implement. The areas addressed are disorganization in the home, clutter, papers, time management issues,

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and office
disorganization.
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Organizing
Solutions for People
with ADD, 2nd
Edition outlines new
organizing
strategies that will
be of value to
anyone who wants
to improve their
organizational skills.
This revised and

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updated version
also includes tips
and techniques for
keeping your latest
technologies in
order and for
staying green and
recycling with ease.

Attention Deficit
Disorder (ADD) and
Attention Deficit
Hyperactivity
Disorder (ADHD)
are prevalent in

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society today, afflicting about 4.4% of the adult population—over 13 million Americans. Four out of every five adults do not even know they have ADD. The chapters, organized by the type of room or task, consist of practical organizing solutions for people

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Living with ADD: At
work: prioritizing,
time management,
and organizing
documents At
home: paying bills
on time,
decluttering your
house, scheduling
and keeping
appointments With
kids: driving them
to various activities,
grocery shopping

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To organize meals, laundry, babysitters, organizing drawers and closets And you: organizing time for your social life, gym, and various other hobbies and activities Color photographs that capture the short attention span of the reader are featured

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Throughout, as well as sidebars and testimonials from adults with ADD, providing numerous organizational tips, such as the importance of dividing time into minutes or moments, task completion, how to avoid procrastination,

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asking for help, and how not to be a pack rat. Get your life in order with this witty and sympathetic guide to organization.

Explores the psychological unpinning of compulsive hoarding and looks at approaches and

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treatments that
have helped people
live healthy and
safe lives, including
combining and
organizing therapy.

Do you walk in a
room to organize
and find yourself
paralyzed and
overwhelmed? Do
you find yourself
spending money on

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Organizing solutions that don't work? Do you feel like you put in effort but never make any progress? Or maybe you know exactly what you want to do, and yet for some reason, you just can't get started. Organizing isn't easy. And having ADHD

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Doesn't make it any easier. But it doesn't have to be impossible. If you have ADHD and you've been struggling with organization, it doesn't mean there's something wrong with you. It just means it's time to try working with your brain instead

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of against it. That
means:*

Understanding how
your mind works*

Recognizing your
strengths and
weaknesses*

Finding the
strategies that work
for you
In her latest
book, Lisa Woodruff
explores the
executive functions
of the mind that

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Directly affect your ability to organize your home: flexible thinking, working memory, self-monitoring, task initiation, planning, and organization.

Along the way, she provides tips and strategies for overcoming obstacles-tools you can use to get the

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organized house
you've been
dreaming of.

This guide focuses
on planning for
disasters as part of
everyday life; it
provides organizing
tools like shopping
lists, storage ideas,
evacuation plans.
etc.

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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

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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

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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

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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

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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.

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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.

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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.

This innovative
program offers

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practical, useful
strategies for
people with AD/HD,
so that they can
make use of their
brain functions that
do work well and
learn day-to-day
skills that may
otherwise be too
difficult to master.
Based on the
concept of visual
thinking and filled

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with tips on how to keep the body at its highest functioning level, this program helps AD/HD sufferers become successful in their everyday lives. The authors share simple yet powerful techniques to develop and harness the strengths of the

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visual right brain,
while at the same
time demonstrating
how treatment for
AD/HD can
maximize success.

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psychologist, are
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assistance from family and friends, and professional support; allowing the reader to determine the appropriate level of support.

How to Organize Yourself will help you to dramatically improve the way you work. With

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Great tips on how to determine your goals, prioritize your tasks and manage your time, it also includes practical advice on how to: focus on the things that produce results; overcome distractions; build positive work habits; avoid

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To Organize

overload and make
effective use of
technology.

Updated for 2019,
this 6th edition now
features even more
practical exercises,
useful templates,
and top tips to help
you get organized,
as well as content
on how to deal with
the ubiquitous

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presence of
smartphones and
adapt to the ever
increasing scope for
interruption and
procrastination in
our 24/7 lives. How
to Organize
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you to take control
of your workload,
reduce stress and
fatigue, and free up
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career.

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