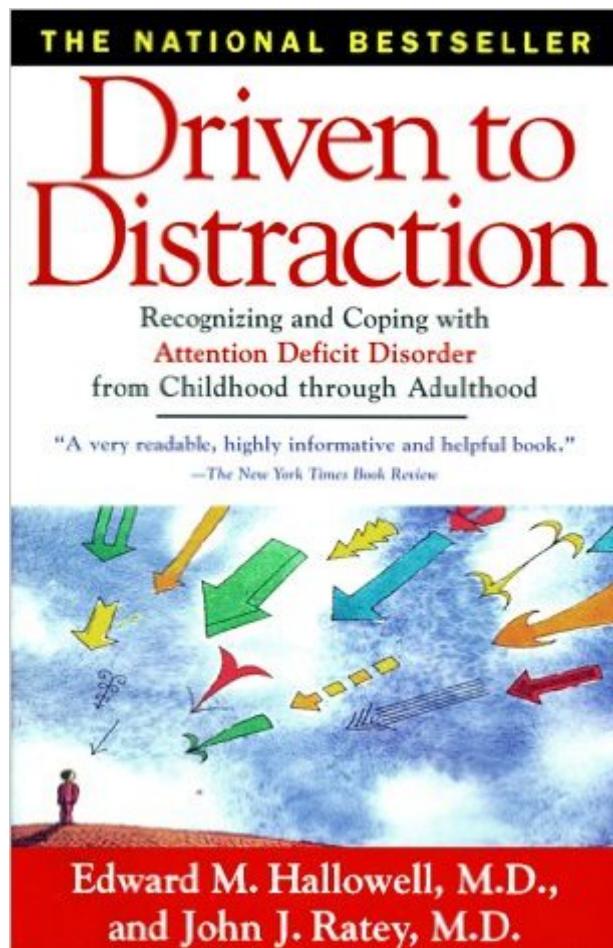


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# Driven To Distraction: Recognizing And Coping With Attention Deficit Disorder From Childhood Through Adulthood



## Synopsis

Through vivid stories of the experiences of their patients (both adults and children), Drs. Hallowell and Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.

## Book Information

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## Customer Reviews

Whether lay public or professionals in the field, this is the best book you'll find on Attention Deficit Disorder (ADD). I treat patients who have ADD; many come bearing a well-marked copy of this book to say they've found themselves in it. To the others, I routinely recommend they read it before we finalize the diagnosis or decide on treatment. The tone throughout is rigorously scientific yet informal, relatively free of jargon, approachable by anyone with a high school education, and very supportive to the sufferer without being patronizing. It contains no propaganda, a rare virtue in books about ADD. Although written by physicians (who themselves are sufferers), it does not shill for medication management at the expense of alternative treatments that have been scientifically validated as effective. This is the ideal book for sufferers and their families, for teachers and those who evaluate the learning problems of children and adults, and for all health care providers. For those who find it hard to read, another book by these authors, *Answers to Distraction*, is written in an easier, sound bite format. Both books are available on audiotape, often the best way for the ADDers to "read".-Phil Torrance MD (Diplomate in Psychiatry)

How does a person go from being their own worst enemy to their own best friend? This book can tell you how -- and best of all, why. Like many others, I had never thought of myself as hyperactive -- hyper-book worm maybe! I was creative and obsessive. I was determined beyond description -- if it was something interesting to me. And I was successful... enough. A natural born explainer and teacher -- I had the patience of a saint! I never admitted to anyone that I constantly berated myself in my mind: Even a small thing like a load of laundry would become a reason to rant. "You stupid! You forgot to turn on the wash!" Later, I'd realize: I had turned the knob three hours before -- but I had forgotten to close the lid.... when I remembered to move the clothes from the washer to the dryer -- at midnight -- I'd get out of bed to do it. "No way dufus-head will remember tomorrow!" Multiply this small life detail by 1000 lost, forgotten, ignored, denied life details -- all day, every day. The tirade never ceased. I never tolerated others being negative to someone who made a mistake. I forgave everything. I understood the need for tolerance and forgiveness -- but I never gave it to myself. I was never capable of doing any one thing from beginning to end. With a 100 projects going on at once very few get done. And, I was never able to enjoy the applause when I did do something really well. "Next week you'll screw up." the evil, mean voice in my head said. How did I keep from driving myself nuts? As a result of reading this book, I started a path that changed my life. I now realize and forgive -- Nay! Applaud! my "differentness." The hyper-creativity is still there -- now I know how use it. I let my mind wander when I need to -- then I guide it gently back to where I need it to be. And I cheer and applaud and praise myself all along the way. My explanation sounds too simple for the revolution -- and evolution in my life. Dr. Hallowell writes evocative stories -- call it revelations through case histories. It is required reading for anyone with ADD -- or anyone with a child, spouse, student or employee they define as an underachiever. This book explains "why?"

With undiagnosed ADD onboard, being raised in a large household the second of eleven children, with a perfectionist father who would not accept second best as a condition of showing his love for his children, and an obedient submissive mother was a challenge beyond description. I was continually being punished for my actions and behavior, and not understanding ADD (or that there was even such a disorder) I felt as if I was a scumbag of the lowest order for the first 40 or so years of my life. My father had two degrees, or better stated two professions, one as a dentist and the other as an anesthesiologist. Hyperactivity was seen as a huge sin in my family, and I don't remember anyone as hyper as I was. When I asked my mother a few years ago how was my behavior as a child (of which I can remember very little) her comment was, "We didn't have a moments peace from the day you were born until you left home to become a missionary at the

age of 19!" Wow! What a eye opening statement! Reading Dr. Hallowell's book is such an experience! I read a case history in his book to my seven children substituting my name and profession (a dentist) for the person envolved, and when finished my ten year old daughter quietly took me aside and with grave concern asked, "Daddy how did they get your life's history in that book if you just bought it?" I have never read a book that hit home with more force in my life than did Dr. Hallowell's DRIVEN TO DISTRACTION! What a masterpiece of diagnosis and heartfelt concern. In the Bible there is a verse which states that we are commanded to love our neighbors as ourselves. Until reading (and comprehending) Dr. Hallowell's book I could not grasp that scripture, as I could not "see" why I would even desire to love another as I did myself, simply because as stated above, I felt that I could not love myself (in my heart) as I always considered myself to be a scumbag of the lowest order. Forgiveness of one's self is, in my opinion, one of the most challenging and difficult endeavors in life, and Dr. Hollowell's book has done more for me in this area than all the preaching in church and advice given combined. Thank-you Edward from the bottom of my heart for having the courage to expose your life and ADD behavior so that others like myself might begin to live! A must read! Sincerely, Dr. Michael Hamilton

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