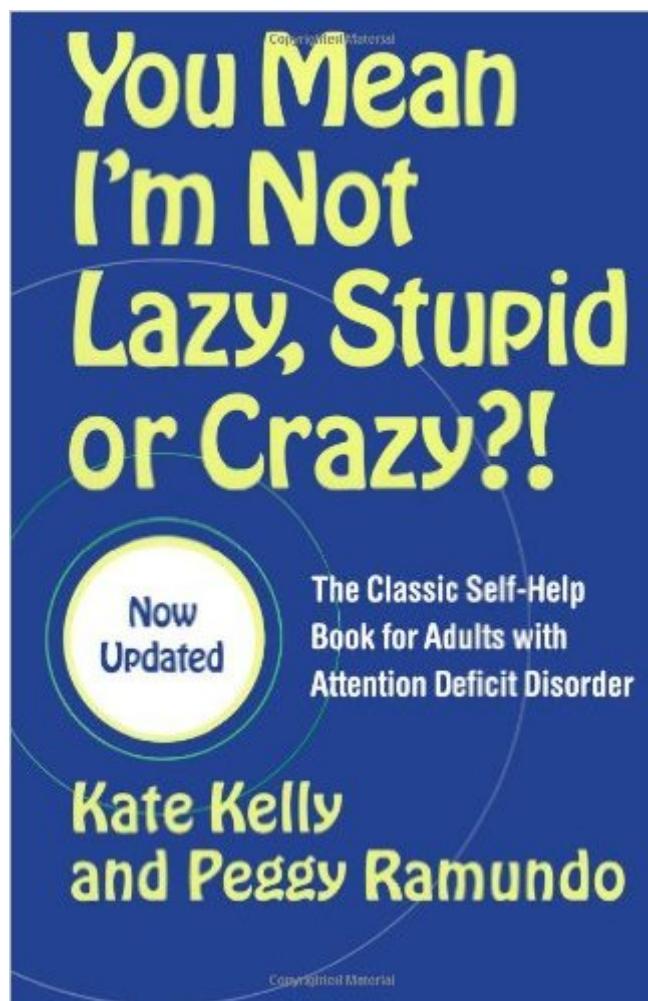


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You Mean I'm Not Lazy, Stupid Or Crazy?!: The Classic Self-Help Book For Adults With Attention Deficit Disorder



Synopsis

With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference -- the first of its kind written for adults with ADD by adults with ADD -- focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: The new medications and their effectiveness The effects of ADD on human sexuality The differences between male and female ADD -- including falling estrogen levels and its impact on cognitive function The power of meditation How to move forward with coaching And the book still includes advice about: Achieving balance by analyzing one's strengths and weaknesses Getting along in groups, at work and in intimate and family relationships -- including how to decrease discord and chaos Learning the mechanics and methods for getting organized and improving memory Seeking professional help, including therapy and medication

Book Information

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

Best Sellers Rank: #10,282 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #12 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #17 in Books > Parenting & Relationships > Special Needs > Disabilities

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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