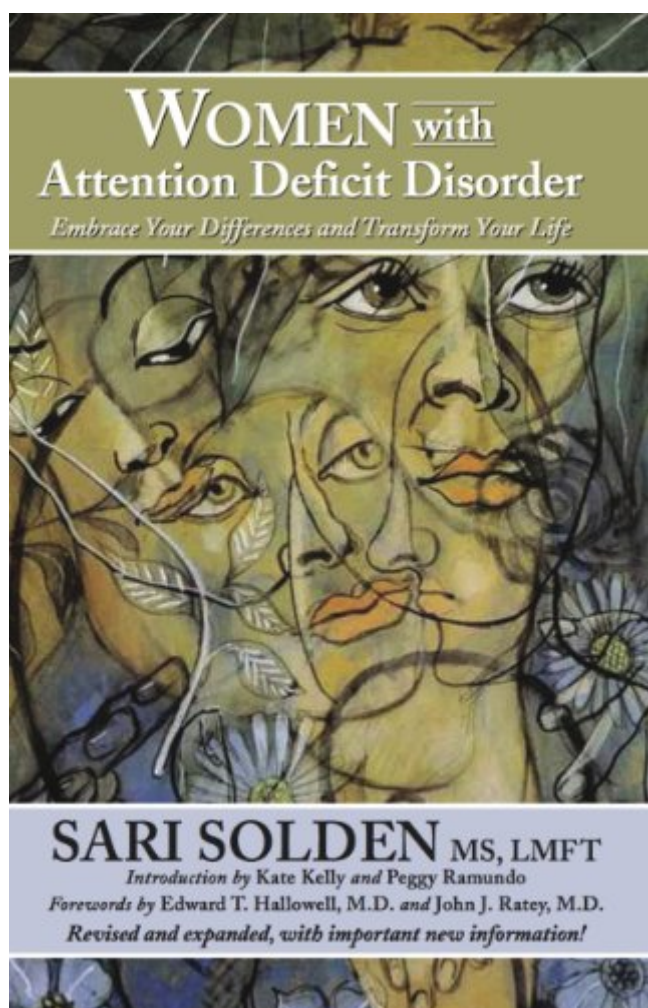


The book was found

Women With Attention Deficit Disorder: Embrace Your Differences And Transform Your Life



Synopsis

Women with Attention Deficit Disorder, psychotherapist Sari Solden's, groundbreaking book, explains how every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. This pioneering book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with AD/HD face, such as the shame of not fulfilling societal expectations. Solden explains that AD/HD affects just as many women as men, and often results in depression, disorganization, anxiety, and underachievement. Included in this revised edition is a brand new chapter on friendship challenges for women with AD/HD. Three empowering steps • restructuring one's life, renegotiating relationships, and redefining self-image • help women take control of their lives and enjoy success on their own terms. "Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women... She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives." (Kate Kelly and Peggy Ramundo, authors of You Mean I'm Not Lazy, Stupid, or Crazy")

Book Information

File Size: 1545 KB

Print Length: 383 pages

Publisher: Introspect Press (July 31, 2012)

Publication Date: July 31, 2012

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B008RDNRXE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #53,354 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Pathologies > Attention-Deficit Disorder #57 in Â Â Books > Health, Fitness & Dieting > Mental

Customer Reviews

This is pretty in depth, and thorough. It's a need-to-read if you want to know more about WOMEN with this problem, or more importantly, about how to identify your own problem and put it into words. I'm not crazy about the solutions it gives. In some instances though, it does not hit the nail on the head for me, my problems may be similar, but we all have different experiences. Like other ADD books, it talks about a problem with paying attention only to the things you are not interested in. But we also have a problem focusing on, and paying attention to the things we love as well. Example: your favorite TV show, if you rewind the DVR, do you not find you've missed half of what everyone was saying and the whole point of the show, even though you love this show and you were paying attention most intently?

I finally understand me. I am not so ashamed of my weakness and having to ask for help. I can finally be me.

I was amazed at how much this book told my story. No one on the outside truly understands ADHD, without this book I would still be struggling trying to define "what's wrong with me". I can now stop fighting my weaknesses and focus on my many creative strengths. If you are a woman with ADHD you MUST read this book!!

I felt as if this book was written about my life. I found immense comfort in the realization that I am not alone in my struggles.

I got this to better understand a female loved one, and it does it wonderfully. They offer meaningful advice and are both funny yet wise in what they say. Get it.

So far this book has helped me recognize myself and I'm going to be buying copies for a few people I know (I want to keep my copy too much for me to lend it out.)

This is a very realistic and informative read that clearly depicts the struggles / symptoms many women have throughout life with undiagnosed or untreated AD/HD. Medication is described as well

as direction when seeking counseling. This book allows the reader to reflect on her own life and gain a better perspective of the challenges she has faced over time. Moving forward from diagnosis is considered to be a process to acknowledge your strengths and confidently move forward. This book is very well written and I would recommend it to women who are newly diagnosed or suspect they have difficulties in this area. It is a must read for professionals working with woman with AD/HD.

My therapist highly recommended this but I thought it would be just another AD/HD book. NOT!! Only downside it doesn't have a lot of pictures and graphics that we AD/HDrs need to make sense of it. So just text overwhelms for a bit but the content overcomes that.

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Understanding My Attention-Deficit/Hyperactivity Disorder

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