

# **Delivered From Distraction Getting The Most Out Of Life With Attention Deficit Disorder**

## **English Edition By John J Ratey Md Edward M Hallowell Md**

**“If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*.”—Michael Thompson, Ph.D., *New York Times* bestselling co-author of *Raising Cain***

In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder—all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, “attention deficit disorder” is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regime. Inside you’ll discover

- whether ADD runs in families
- new diagnostic procedures, tests, and evaluations
- the links between ADD and other conditions
- how people with ADD can free up their inner talents and strengths
- the new drugs and how they work, and why they’re not for everyone
- exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle
- how to adapt the classic twelve-step program to treat ADD
- sexual problems associated with ADD and how to resolve them
- strategies for dealing with procrastination, clutter, and chronic forgetfulness

ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read.

**Praise for *Delivered from Distraction*** “The definitive source of information on attention deficit disorder.”—**Harold S. Koplewicz, M.D., director, Child Study Center, New York University School of Medicine** “A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy.”—**Perri Klass, M.D., co-author of *Quirky Kids***

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**delivered from distraction definition of delivered from**

May 31st, 2020 - delivered from distraction getting the most out of life with attention deficit disorder is a 2005 book by psychiatrists edward ned hallowell and john ratey about add adhd delivered from distraction is a follow up to the book 1994 driven to distraction both books deal with the challenges of add adhd and offer advice on treatment and how to live successfully with the disorder



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