

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

**M.D. Edward M. Hallowell, M.D. John J. Ratey - pdf download free book**

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## **Books Details:**

Title: Driven to Distraction: Recogn

Author: M.D. Edward M. Hallowell, M.

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## **Description:**

This clear and valuable book dispels a variety of myths about attention deficit disorder (ADD). Since both authors have ADD themselves, and both are successful medical professionals, perhaps there's no surprise that the two myths they attack most persistently are: (a) that ADD is an issue only for children; and (b) that ADD corresponds simply to limited intelligence or limited self-discipline. "The word *disorder* puts the syndrome entirely in the domain of pathology, where it should not entirely

be. Although ADD can generate a host of problems, there are also advantages to having it, advantages that this book will stress, such as high energy, intuitiveness, creativity, and enthusiasm, and they are completely overlooked by the 'disorder' model." The authors go on to cite Mozart and Einstein as examples of probable ADD sufferers. (The problem as they see it is not so much attention deficit but attention inconsistency: "Most of us with ADD can in fact hyperfocus at times.") Although they warn against overdiagnosis, they also do a convincing job of answering the criticism that "everybody, and therefore nobody" has ADD. Using numerous case studies and a discussion of the way ADD intersects with other conditions (e.g., depression, substance abuse, and obsessive-compulsive disorder), they paint a concrete picture of the syndrome's realities. Especially helpful are the lists of tips for dealing with ADD in a child, a partner, or a family member. --*Richard Farr* --This text refers to the edition.

**From Library Journal** Hallowell and Ratey offer a fine addition to literature on ADD (Attention Deficit Disorder). The authors employ a broad, general definition of ADD ("high-energy, action-oriented, bottom-line, gotta-run-type people") and continually emphasize the special, positive qualities of people with ADD. They describe how ADD affects adults--many Americans mistakenly think of it as a childhood curse--and explain how the American temperament helps create ADD-like symptoms. Best of all are the stories and case studies of myriad folks who have dealt successfully with their diagnosis. A state-by-state list of support groups are included in this excellent approach to an intriguing subject.

- *Linda Beck, Indian Valley P.L., Telford, Pa.*

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