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"Driven to Distraction" is co-wrote
by two doctors who know about
ADD/ADHD both clinically and
personally, as both of them were
diagnosed with the disorder as
adults. Their book is very
comprehensive, informative, easy
to read, and useful.

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Driven to Distraction by M.D.

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Procrastination. Disorganization.

Distractibility. Millions of adults

have long considered these the

hallmarks of a lack of self-

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other problems in school, at work

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A world-renowned ADHD expert, is the New York Times bestselling author of over ten books, including *Driven to Distraction* and *Delivered from Distraction*. He has

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made appearances on The Dr. Oz Show, Today, and many other programs. He lives in Massachusetts. Find out more at DrHallowell.com.

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Dr. John Ratey is a clinical professor of psychiatry at Harvard Medical School. He is the author of numerous bestselling and groundbreaking books, including Driven to Distraction and A User ' s Guide to the Brain. He lives in Cambridge, Massachusetts, where he has a private practice.

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by Lori Foster

The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD, discussing the elements of this condition that are particular to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing ...

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Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood. Discusses the causes, symptoms, and treatment of attention-deficit Disorder (ADD).

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Driven to Distraction: Recognizing and Coping with ...

Description. DRIVEN TO DISTRACTION is the first in a new trilogy from New York Times bestselling author, Lori Foster. The Transporter movies meets The Fast and the Furious with the close-knit family dynamic and top-secret deliveries that will surely require some fancy driving.

Recorded Books - Driven to Distraction

A groundbreaking exploration of the "science of enlightenment," told through the lens of the journey of Siddhartha (better known as Buddha), by Guardian science editor James Kingsland. In a lush grove on the banks of the Neranjara in northern

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