

You Mean I'm Not Lazy, Stupid Or Crazy?!

A Self-Help Book for Adults with
Attention Deficit Disorder

Kate Kelly and Peggy Ramundo

FOREWORD BY LARRY B. SILVER, M.D.

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You Mean Im Not Lazy Stupid Or Crazy A Self Help For Adults With Attention Deficit Disorder Kate Kelly

Sari Solden



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You Mean I'm Not Lazy, Stupid or Crazy?! Kate Kelly, Peggy Ramundo, 2006-04-25 A revised and updated edition of the classic self help book that has served as a lifeline to the millions of adults who have ADHD 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 hyperactivity disorder ever written There is a great deal of literature about children with ADHD but what do you do if you have ADHD and aren t a child anymore This indispensable reference the first of its kind written for adults with ADHD by adults with ADHD focuses on the experiences of adults offering updated information practical how tos and moral support to help readers deal with ADHD It also explains the diagnostic process that distinguishes ADHD symptoms from normal lapses in memory lack of concentration or impulsive behavior offering guidance on how your reframe our view of ADHD and embrace its benefits Here s what s new The new ADHD medications and their effectiveness The effects of ADHD on human sexuality The differences between male and female ADHD including falling estrogen levels and its impact on cognitive function The power of meditation ADHD coaching tricks and tips And the book still includes the tried and true 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

[You Mean I'm Not Lazy, Stupid or Crazy?!](#) Kate Kelly, Peggy Ramundo, 2006-04-25 A revised and updated edition of the classic self help book that has served as a lifeline to the millions of adults who have ADHD 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 hyperactivity disorder ever written There is a great deal of literature about children with ADHD but what do you do if you have ADHD and aren t a child anymore This indispensable reference the first of its kind written for adults with ADHD by adults with ADHD focuses on the experiences of adults offering updated information practical how tos and moral support to help readers deal with ADHD It also explains the diagnostic process that distinguishes ADHD symptoms from normal lapses in memory lack of concentration or impulsive behavior offering guidance on how your reframe our view of ADHD and embrace its benefits Here s what s new The new ADHD medications and their effectiveness The effects of ADHD on human sexuality The differences between male and female ADHD including falling estrogen levels and its impact on cognitive function The power of meditation ADHD coaching tricks and tips And the book still includes the tried and true 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

Women with Attention Deficit Disorder Sari Solden, 2012-07-15 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*

Adult ADD Stephanie Moulton Sarkis, 2011-03-01 You've just been diagnosed with ADD Now what After receiving a diagnosis of attention deficit disorder ADD you may feel relieved to finally have an explanation for your symptoms but also concerned and full of questions about the future Questions like What are the best ways to get symptoms such as impulsiveness and difficulty with time management under control Should you tell people at work And wait a minute there can be good things about having ADD In *Adult ADD A Guide for the Newly Diagnosed* an ADD specialist who has the disorder herself answers these questions and offers all the tools and information you need to process the diagnosis learn about medications and decide which treatments are the best options for you This pocket guide also features a complete list of resources you can use to find support and tips for getting organized and living well with ADD

The Mindfulness Prescription for Adult ADHD Lidia Zylowska, MD, 2012-02-14 Don't let adult ADHD stand in your way this 8 step mindfulness program provides you with the tools you need to stay focused and confident in all areas of your life Do you Have trouble paying attention and staying on task Suffer from disorganization procrastination or forgetfulness Have difficulty with restlessness or trouble managing strong feelings such as anger and frustration Struggle with self doubt and difficulty following through In a way that causes problems in your relationships or your work If so you may have Attention Deficit Hyperactivity Disorder ADHD like an estimated 8 million adults in this country Physician researcher Dr Lidia Zylowska has created an 8 step program for using mindfulness practice attention and awareness training to overcome the symptoms of ADHD The program includes practices such as sitting meditation body awareness thoughtful speaking and listening development of self acceptance mindful self coaching cultivation of a balanced view of thoughts and emotions and more Dr Zylowska educates readers about ADHD helping them

to understand how their ADHD brain works and how they can use mindful awareness to work with their challenges She also explains how the mindful approach can be combined with other treatments including medications to boost self improvement This book is accompanied by an audio program of guided mindfulness exercises for successfully managing ADHD The introduction to the book titled Dear Reader includes a link to the free downloadable audio files [The Added Dimension](#)

Kate Kelly, Peggy Ramundo, Steven D. Ledingham, 1998-07-23 From the authors of the national bestseller You Mean I'm Not Lazy Stupid or Crazy comes a book of encouraging daily guidance for adults with Attention Deficit Disorder **Fast Minds**

Craig Surman, Tim Bilkey, Karen Weintraub, 2013-02-05 FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder ADHD Millions of adults have ADHD or some of its traits but they are under recognized under treated and often under supported This book empowers people with ADHD or some of its characteristics to adapt and thrive By working through the program in this book you will develop personalized strategies to take control of your life Forgetful Achieving below potential Stuck in a rut Time challenged Motivationally challenged Impulsive Novelty seeking Distractible Scattered If any or all of these symptoms are making it difficult for you or someone you know to live life to the fullest then the clinically proven cutting edge program in this book will help you understand your struggles and challenges Whether you have been diagnosed with ADHD think you may have it or just exhibit many of these traits FAST MINDS will help you Figure out what isn't working in your life and the keys to fixing it Build personalized strategies for managing your time tasks and relationships Learn organizational habits that work for you Stop communicating poorly making impulsive choices and taking pointless risks Eliminate negative thinking patterns that waste your mental energy Create environments that support your challenges Make the most of both medical and nonmedical resources medication coaching Cognitive Behavioral Therapy mindfulness support groups lifestyle change With inspiring stories of real people who have adapted and thrived using the methods in this book FAST MINDS will help you create the kind of life you want to live **10 Simple Solutions to Adult ADD**

Stephanie Moulton Sarkis, 2011-11-01 Managing attention deficit disorder ADD as an adult is a constant challenge You may notice that your mind sometimes wanders during conversations Maybe you keep misplacing your keys Or your ADD may be causing bigger problems in your life making it difficult to keep in touch with friends and family and leading you to procrastinate on important projects 10 Simple Solutions to Adult ADD offers ten easy ways to better manage your symptoms and live better with ADD Written by noted author and acclaimed psychotherapist Stephanie Sarkis who has used these solutions to personally overcome her ADD symptoms this concise and clear new edition offers the latest treatment information to help you sharpen your focus improve your relationships and manage your time and money **Street Fighters**

Kate Kelly, 2009 Examines the company's final weekend as an independent firm and the corporate culture that led to the fall of one of Wall Street's biggest names *Is it You, Me, Or Adult A.D.D.?* Gina Pera, 2008 Everyone involved with AD HD will find the information in this book invaluable especially people with AD HD and couples therapists who often

mistake AD HD for communication problems or personality differences Meticulously researched and presented with empathy and humor Is It You Me or Adult A D D offers the latest information from top experts who explain the science and proven protocols for reducing AD HD s most challenging symptoms Real life details come from the partners themselves who share their stories with touching candor yet plenty of humor *The Attention Deficit Disorder in Adults Workbook* Lynn Weiss,1994-04-01 Over 200 000 copies of Attention Deficit Disorder in Adults 3rd edition have been sold Since its last revision dozens of new treatments and philosophies about ADD and ADHD have met with storms of controversy and great media attention Time and again Lynn Weiss cuts through the noise and gets down to the point in a human caring and professional way People turn to the Weiss library for a breath of fresh air on the ADD turmoil This workbook not only touches on and dispels the most recent clinical findings but it also emphasizes the bigger perspective focusing on the empowerment and diversity issues facing all of us on the A D D continuum today It persuades readers to work through their challenges with practical prescriptive exercises and insights *Attention Difference Disorder* Kenny Handelman,2011-06-01 Parents of kids and teens with ADD or ADHD often struggle with the myths and stigma surrounding their child s condition This book has a clinical and scientific background with a positive strength based approach to bring you 7 simple steps to succeed with ADD Dr Handelman shares that there is not always a deficit in attention with ADD rather there are differences As he writes One of the themes of this book is to take your child s deficits and turn them into differences and then turn those differences into strengths back cover When Too Much Isn't Enough Wendy Richardson,2005 Find out if your overindulgence in food drugs alcohol sex gambling spending or Internet use is related to AD HD Page 4 of cover **Women with Attention Deficit Disorder** Sari Solden,1995 Solden a therapist with ADD combines the real life histories and treatment experiences of women with ADD with the latest clinical research and literature to create a new screening checklist specifically for women She highlights the special challenges women with ADD face describes what to look for in treatment and counseling and outlines three steps for living with ADD Photos Line drawings charts **The Queen of Distraction** Terry Matlen,2014-10-01 Do you rule the realm of disorganization clutter and chaos Are you constantly battling to get things done Are you ready to give up and toss your day planner into the dungeon otherwise known as your closet If so you might just be The Queen of Distraction And whether or not you ve been formally diagnosed with attention deficit hyperactivity disorder ADHD you probably already know that something s got to give 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 the elements of this condition that are particular to women such as relationships skin sensitivities meal planning parenting and dealing with out of control hormones In addition the book offers helpful tips and strategies to get your symptoms under control and outlines a number of effective treatment options for you to pursue From getting dressed in the morning to making it to a job interview to planning dinner sometimes just getting through the day can be an

ordeal for a woman with ADHD If you've been accused of getting lost in your own world maybe it's time to make a change If you're ready to start getting organized and stop leaving your groceries in the car this book can help It's more than just a survival guide it's an ADHD how to help you thrive **Adult ADHD-Focused Couple Therapy** Gina Pera, Arthur L. Robin, 2016-01-08 Since ADHD became a well known condition decades ago much of the research and clinical discourse has focused on youth In recent years attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life including driving safety financial management education and employment and interpersonal difficulties Adult ADHD Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship the intimate couple With the help of contributors who are experts in their specialties Pera and Robin provide the clinician with a step by step nuts and bolts approach to help couples enhance their relationship and improve domestic cooperation This comprehensive guide includes psychoeducation medication guidelines cognitive interventions co parenting techniques habit change and communication strategies and ADHD specific clinical suggestions around sexuality money and cyber addictions More than twenty detailed case studies provide real life examples of ways to implement the interventions **ADD-Friendly Ways to Organize Your Life** Judith Kolberg, Kathleen Nadeau, 2012-01-04 Over 100 000 Copies Sold Organizing books fall short of addressing the unique needs of adults with ADD They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application Books about ADD may address organization disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject This is a book that has ADD Friendly advice with the ADDer in mind This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields professional organization and clinical psychology Finally it offers organizing advice that ranges from self help to utilizing the help of non professionals to using professional assistance Thus it permits the reader to decide where they are at personally in the organizing process and what level of support will be most beneficial to their unique situation Mastering Your Adult ADHD Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017-05-15 Attention Deficit Hyperactivity Disorder ADHD in adulthood is a prevalent and impairing disorder While medications have been effective in treating adult ADHD the majority of individuals treated with medications still have symptoms that require additional skills and symptom management strategies This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current empirically supported treatment strategies in cognitive behavioral therapy CBT for coping with symptoms of adult ADHD The Therapist Guide provides clinicians with effective means of teaching adult clients skills that have been scientifically tested and shown to help them cope with ADHD The program has been updated to include the optional use of technology and smart phones to improve organization and planning Core modules cover the development of systems for keeping track of appointments and

tasks reducing distractibility and improving adaptive thinking skills and there s an optional module on reducing procrastination Information is also provided regarding holding an informational meeting with a spouse partner or family member The step by step session by session descriptions are a practical resource for therapists who deliver the treatment The companion Client Workbook contains all of the necessary information for participating in the practical CBT intervention It includes worksheets forms and a link to an assessment measure that can be used to gauge progress during treatment

The Perfectionism Workbook Taylor Newendorp,2018-07-24 The Perfectionism Workbook offers actionable exercises to help you overcome the barriers created by perfectionism and develop skills for living a healthier more gratifying life The desire to continuously improve can be a positive trait that fuels success However those same aspirations can also turn into perfectionism which causes us to put unrealistic pressure on ourselves and set impossible standards that negatively influence how we think and act In his work as a clinical therapist Taylor Newendorp has successfully used cognitive behavioral therapy CBT to help countless patients who live with the immense pressure of perfectionism and other related issues such as OCD anxiety disorders eating disorders or depression In The Perfectionism Workbook Taylor delivers practical effective exercises to help you change the way you view yourself set healthy goals and find contentment in your daily life The Perfectionism Workbook is a hands on guide especially designed to identify and resolve the root causes of perfectionism It these pages you will find A perfectionism overview that will help you understand the illusion of perfectionism why it doesn t work and what you can do to treat your perfectionism The 5 tendencies of toxic perfectionism Need for approval and pleasing others Procrastination inaction and paralysis Fear of making mistakes Highly self critical Judgment of self and others Practical strategies based on the principles of CBT mindfulness and acceptance that will help you quiet your critical inner voice conquer procrastination and develop true self worth Real world examples of perfectionism that will provide meaningful opportunity for insight and reflection into your own perfectionism Perfectionism can have serious consequences both mentally and physically But there is a solution and it can be found in the pages The Perfectionism Workbook **Taking**

Charge of Adult ADHD Russell A. Barkley,2010-07-22 For adults with ADHD problems with attention planning problem solving and controlling emotions can make daily life an uphill battle Fortunately effective help is out there No one is a better guide to how to get the best care and what sufferers can do for themselves than renowned ADHD researcher clinician Russell A Barkley Dr Barkley provides step by step strategies for managing symptoms and reducing their harmful impact Readers get hands on self assessment tools and skills building exercises plus clear answers to frequently asked questions about medications and other treatments Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle work finances relationships and more Finally an authoritative one stop resource for adults with ADHD who are ready to take back their lives See also Dr Barkley s bestselling resource on childhood ADHD Taking Charge of ADHD Third Edition The Complete Authoritative Guide for Parents

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