



Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder

By John J. Ratey Md, Edward M. Md Hallowell

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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.

From the Hardcover edition.

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Editorial Review

Amazon.com Review

Medication? Maybe. Marry the right person and find the right job? A must if you are an adult suffering from ADD (Attention Deficit Disorder). So say psychiatrists Edward M. Hallowell and John J. Ratey, authors of the influential *Driven to Distraction*, published in 1994. In their new book, *Delivered from Distraction*, Hallowell and Ratey survey the current medical landscape concerning ADD, combining their own clinical observations with the latest research to paint a much more complex and, in many ways, positive picture of the condition than has generally been presented.

Hallowell and Ratey embrace the idea that success in life comes more from playing to your strengths than overcoming your weaknesses. In the case of a person with ADD (child or adult), these strengths often include unusually high levels of creativity, charisma, intelligence, and energy. The authors insist that, while medication and other treatments can sometimes work wonders in reducing limitations, surrounding yourself with people who promote these positive traits, be they in your personal or professional life, is the single most important element to living well with ADD. As both Hallowell and Ratey are not only experts in the field, but "ADDers" themselves, the tips and stories they share for how to do so are fresh, funny, and far more helpful than tired arguments over drugs verse no drugs or whether there's even such a thing as ADD at all.--Patrick Jennings

From Publishers Weekly

This follow-up to the authors' 1994 manual, *Driven to Distraction*, has the advantage of personal testimony regarding adult Attention Deficit Disorder (ADD)—the authors themselves have ADD—as well a very readable presentation of the latest research in the field. Defining ADD as a collection of traits, some positive, some negative, the authors intend to encourage those who have this condition or are raising children with it and advise on how to maximize their abilities and minimize characteristics, such as procrastination, that may hinder them at school or work. In a comprehensive overview, Hallowell and Ratey provide a new screening questionnaire for adults and list methods that physicians, parents and educators can use to diagnose and treat the ADD child. Of primary importance to readers are the recommended steps for living a satisfying life with ADD; these include developing personal relationships and engaging in creative activities that will foster self-esteem. The authors also separate nutrition fads from what is known about how diet can affect brain functioning and discuss whether to take medication. Overall, this is an excellent resource.

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Review

Advance praise for *Delivered from Distraction*

"*Delivered from Distraction* is just what it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the latest information on ADD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. As the authors point out, ADD needn't be a sentence to secondhand status. The ADDer who hearkens to their sage and practical whole-life advice will make the most of his or her talents. This book is certain to be a classic for the next decade."

—PETER S. JENSEN, M.D., Ruane Professor of Child Psychiatry, director, Center for the Advancement of Children's Mental Health, Columbia University/New York State Psychiatric Institute

"If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*. No two

psychiatrists in America have thought more deeply about ADD than Ned Hallowell and John Ratey, and no one writes about it with more feeling, understanding, and accuracy. Most important, Hallowell and Ratey share their wisdom about living a good life with ADD. What an optimistic and helpful book!"

–MICHAEL THOMPSON, PH.D., New York Times bestselling co-author of Raising Cain

"Edward Hallowell has written a comprehensive, easy-to-understand book on ADD. This is clearly the definitive source of information on Attention Deficit Disorder."

–HAROLD S. KOPLEWICZ, M.D., Arnold and Debbie Simon Professor of Child and Adolescent Psychiatry, director, Child Study Center, New York University School of Medicine

"A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy. As a pediatrician, I have been recommending Driven to Distraction to parents for many years, and this new book brings the reader fully up to date in a rapidly changing field, combining the important information about the science..."

Users Review

From reader reviews:

Alexander Ratcliff:

The e-book with title Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder includes a lot of information that you can study it. You can get a lot of benefit after read this book. This kind of book exist new understanding the information that exist in this e-book represented the condition of the world today. That is important to you to find out how the improvement of the world. This book will bring you in new era of the the positive effect. You can read the e-book on your smart phone, so you can read this anywhere you want.

Cecil Atkins:

The reason why? Because this Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking technique. So , still want to hold off having that book? If I ended up you I will go to the reserve store hurriedly.

Tom Johnson:

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder can be one of your nice books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to set every word into joy arrangement in writing Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder yet doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you

can be one among it. This great information can draw you into brand-new stage of crucial pondering.

John Sledge:

This Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder is new way for you who has fascination to look for some information since it relief your hunger info. Getting deeper you in it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder can be the light food in your case because the information inside this kind of book is easy to get by anyone. These books build itself in the form which is reachable by anyone, that's why I mean in the e-book application form. People who think that in book form make them feel sleepy even dizzy this publication is the answer. So there is no in reading a e-book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book kind for your better life along with knowledge.

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