



# Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized

By Susan C Pinsky

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If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized.

*Organizing Solutions for People with ADHD, 2nd Edition—Revised and Updated* presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinsky, it outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Susan's practical solutions address the most common organizing dilemmas among her ADHD clientele, while also drawing on her own personal experience as the mother of a child with ADHD. Color photos, useful tips, and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span.

Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

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- Sales Rank: #17164 in Books
- Published on: 2012-06-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .62" w x 8.00" l, 1.60 pounds
- Binding: Paperback
- 208 pages

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### **Editorial Review**

#### About the Author

Susan C. Pinsky is a top professional organizer and member of the National Association of Professional Organizers (NAPO), as well as NAPO New England. She lives in Acton, MA with her husband and three children. <http://www.organizationalyours.com>

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### **Unruly Cooking Utensils**

#### **Problem:**

“My cooking utensils always seem to be in a disorganized jumble in my kitchen drawers.”

#### **Solution:**

Cooking utensils must have their own home, all to themselves, somewhere convenient to both the sink and stove. Start your organizing project by evicting any intruders (rubber bands, pens, etc.) from your cooking utensils' current home. Next, go through your utensils and eliminate duplicates, rarely-to-never-used items, and impulse purchases. How many wooden spoons do you really need? (Answer: one. I know it might be dirty when you need to use it, but don't you have a sink?) Do you need all of those old, chewed-up spatulas? Are you likely to use that candy thermometer again?

Now that you have pared down your possessions, consider storing your utensils in something other than a drawer. Too many utensils in a drawer fit awkwardly, bunching up and rattling, so the drawer itself is difficult to open because the ladle is having relations with the potato masher. Store them instead in a carousel or large “canister” (glass, ceramic, or metal) so that you can see everything you have without having to open a drawer. It is also more efficient to drop clean cooking utensils in a carousel or canister than to wrestle with a stuck drawer. If you decide to use a canister, put your most often-used items in the canister and leave the lesser-used items in the now roomy drawer.

### **Easy Utensil Organizing**

- Remove “intruders” from your cooking utensil storage area.
- Get rid of duplicates and rarely used novelty pieces.
- Store all, or your most often used, cooking utensils in a carousel or canister.

## **Users Review**

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#### **James Oliver:**

As people who live in the modest era should be up-date about what going on or details even knowledge to make these keep up with the era which is always change and advance. Some of you maybe will certainly update themselves by looking at books. It is a good choice in your case but the problems coming to a person is you don't know what type you should start with. This Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized is our recommendation so you keep up with the world. Why, as this book serves what you want and want in this era.

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#### **Harry Baxter:**

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#### **Marilyn Oxford:**

This Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized is great reserve for you because the content which is full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it details accurately using great manage word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides you

with straight forward sentences but tricky core information with beautiful delivering sentences. Having Organizing Solutions for People with ADHD, 2nd Edition-Revised and Updated: Tips and Tools to Help You Take Charge of Your Life and Get Organized in your hand like having the world in your arm, data in it is not ridiculous a single. We can say that no reserve that offer you world inside ten or fifteen moment right but this reserve already do that. So , it is good reading book. Hi Mr. and Mrs. busy do you still doubt that will?

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