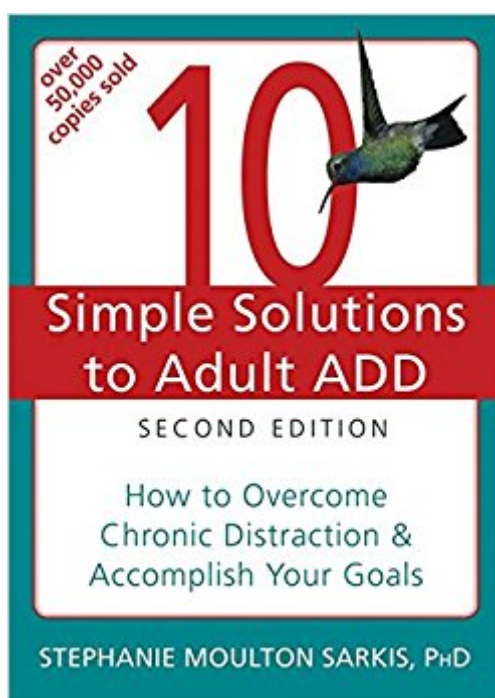


The book was found

10 Simple Solutions To Adult ADD: How To Overcome Chronic Distraction And Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series)



Synopsis

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.

Book Information

Series: The New Harbinger Ten Simple Solutions Series

Paperback: 200 pages

Publisher: New Harbinger Publications; 2 edition (November 1, 2011)

Language: English

ISBN-10: 1608821846

ISBN-13: 978-1608821846

Product Dimensions: 0.5 x 5.2 x 7.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 84 customer reviews

Best Sellers Rank: #305,158 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #272 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #361 in [Books > Parenting & Relationships > Special Needs > Disabilities](#)

Customer Reviews

“As usual, Stephanie Sarkis has done a masterful job of assembling a countless number of tips and strategies to improve the lives of adults with ADD. Whether you’re brand new to the diagnosis or an experienced old-timer, you will find plenty of useful ideas. Don’t let this book’s small size fool you—it’s loaded with great stuff.” —Ari Tuckman, PsyD, MBA, author of *Understand Your Brain, Get More Done; More Attention, Less Deficit*; and *Integrative Treatment for Adult ADHD* “Sarkis combines her wealth of information with the latest research findings for an enriched second edition of this popular book. The book is concise and to

the point on issues that challenge adults with ADD and their families. Skills offered in this book will enhance daily productivity and self-confidence, leading to a more satisfying life. Buy the book and use what she has to offer. It can only help.

—David W. Goodman, MD, assistant professor at Johns Hopkins School of Medicine and director at Adult Attention Deficit Disorder Center of Maryland

“Stephanie Sarkis has given me a terrific guide for the next phase of my life as I enter medical school. She dispels the myths about ADD and presents the latest research in a way everyone can understand.

—Blake E. S. Taylor, author of *ADHD and Me* and medical student at Columbia University

“Adults with ADD want and need a simple, practical plan that works to help tame the chaos in their lives, and that’s exactly what Stephanie Sarkis gives them in the second edition of *10 Simple Solutions to Adult ADD*. Expanded to include the latest technology and research, Sarkis includes easy-to-follow strategies for everyday problems from remembering to take your medication to tidying up your closet. I know I’ll continue to recommend this book as a must-have for all adults with ADD.

—Patricia O. Quinn, MD, director of the National Center for Girls and Women with AD/HD

“Stephanie Sarkis shows you how to jump-start your life and plow through any obstacles in *10 Simple Solutions to Adult ADD*. These easy-to-read and easy-to-use tools will take your life to the next level. An eloquent and engaging guide to thriving with adult ADD.

—Lara Honos-Webb, PhD, author of *The Gift of Adult ADD*

“Part roadmap and part condensed travel guide, *10 Simple Solutions to Adult ADD* hits the highlights of medication, organization, and self-care. Sarkis’s to-the-point prose and realistic strategies help keep you on track.

—Gina Pera, award-winning journalist and author of *Is It You, Me, or Adult ADD?*

“*10 Simple Solutions to Adult ADD* is a straightforward, honest book jam-packed with valuable tips and strategies. Stephanie Sarkis writes as if she is standing right with you, coaching you through various aspects of the ADD life. Each chapter stands alone and is filled with techniques that you can start using right now to achieve the balance that is essential for a happy, healthy life.

—Roberto Olivardia, PhD, clinical instructor in the department of psychiatry at Harvard Medical School and clinical associate in psychology at McLean Hospital

Stephanie Moulton Sarkis, PhD, is an adjunct assistant professor at Florida Atlantic University in Boca Raton, FL, and author of *Making the Grade with ADD*, *ADD and Your Money*, and *Adult ADD: A Guide for the Newly Diagnosed*. She is a licensed mental health counselor and national certified counselor, and has a private counseling practice. Sarkis won an American Psychological Association Outstanding Dissertation Award in 2001. She has been published in the *Journal of*

Attention Disorders and Smart Money Magazine, and writes for Psychology Today and The Huffington Post. She has made several national and regional media appearances on CNN, ABC, Fox, Sirius Satellite Radio, First Business, and other media outlets. Visit her online at www.stephaniesarkis.com.

This book is way too simple and states things that most people already know. If you have ADD you have probably already heard most of these items already. This is probably better for someone who just found out about ADD or is just starting out to get organized. I think this would be more appropriate for a teen rather than an adult because everything here is just common sense things that most people already know. I am glad I only paid 42 cents for it. Don't bother with this one.

What an amazing book! Explains things simply and yet so relatable for a person with ADHD. Really helped my husband and I work on the issues in our marriage related to uncontrolled/unacknowledged ADHD actions. Short and sweet, so you can easily read chapters or the whole book again to keep working on things.

Awesome book; concise tips that include positives of ADD and not just the negatives, like so many other books. People with ADD are constantly reminded of their challenges, but rarely their work ethic, attention to detail. Great book with up to date info, such as : apps websites, etc

I really do not know if I have ADHD, but after reading this book I sure know a lot more about it and it's insidious nature. I appreciated that the chapters were short and digestible. It seemed like every paragraph was chronicling another part of my life that I have been struggling with for over 30 years. I am getting help thanks to this book and am better prepared for the challenges ahead. I recommend this as a first book for anyone who has or is near ADHD. This will help the guilt of those afflicted and open the eyes of those who care for them.

I have changed neurologist, psychiatrist, psychologist and sleep doctors over the last 25 years due to various reasons. This book has shown me more about my actual problem,,,ADD, than any doctor has. I will use this information to talk to doctor and to improve my life. Thank you!

Arrived on time. Book is simple in its application of practical suggestions and is easy to read

So simple, I felt spoken down to and really not anything new that is not already easily available anywhere. I was disappointed in it. Maybe for the newly diagnosed person with an 8th grade education, it might be helpful.

as advertised

[Download to continue reading...](#)

10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Picking and Sticking with New Year's Resolutions beyond January (Inspiration, quick read): On the road to your goals (New Year's Resolution, goals, organization) Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Dwellers of the Deep (Harbinger of Doom - Volume 4) (Harbinger of Doom series) Better Running Goals: The Step-by-Step Guide to Setting Goals for Your Body, Mind, and Lifestyle Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy (The New Harbinger Made Simple Series) The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series) The Sweet Spot: How to Accomplish More by Doing Less Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD How to Add a Device to Account: How to add a device to my account - 3 easy steps in few

minutes The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)