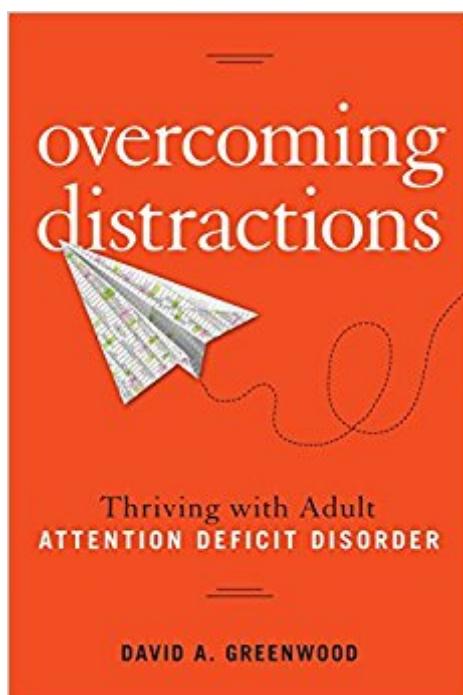


The book was found

Overcoming Distractions: Thriving With Adult ADD/ADHD



Synopsis

We know that Attention Deficit Disorder makes it tough for children to focus in school. But what happens when those kids grow up? How can they make the transition to a successful professional life? And how can newly diagnosed adults meet the challenges of the workplace? David Greenwood, an ADD sufferer who now works as a well-respected PR consultant, answers the question for anyone who wants to thrive with ADD or ADHD – not just survive! Learn how to:

- Identify the major features of Attention Deficit Disorder and become aware of how they affect aspects of adult life, particularly in the office
- Tailor a career to minimize the effects of those symptoms
- Highlight the positive characteristics of Attention Deficit Disorder, such as hyper-focusing and creativity, and leverage them to achieve professional success
- Overcoming Distractions includes plenty of case studies, testimonials from ADD/ADHD specialists, and numerous action plans for making Attention Deficit Disorder work for you.

Book Information

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Customer Reviews

David Greenwood lives just outside of Boston, Massachusetts, with his wife and son. On the drug Ritalin for many of his childhood years, David was hyperactive, unfocused, and faced many academic challenges in school, including flunking out freshman year at a vocational high school – a clear case of ADHD. An entrepreneur at heart, he owns Street Smart PR/Video, a small public relations and video marketing firm. Over the years, David has owned other small businesses including a karate school, as well as a popular restaurant in

suburban Boston. With the exception of twelve years, he has always been self-employed as an adult. As a person with ADHD, he feels ADHD has always fueled his desire to be his own boss. For him, ADHD has given him a creative and energetic edge in the business world. In writing *Overcoming Distractions*, he set out to find others who also felt that ADHD was, in fact, a gift if managed properly. David has always been driven to create his own path to success, and he wanted to tell the stories of other successful people with ADHD.

Great book - I love how the author mixes the symptoms, the science and how others have used it to their benefit. I find some other books are heavy on the theories and should-a, would-a, could-a but not this book! The examples are relatable to most anyone, yet really focus in on those who have already struggled. The book allowed them to share their personal stories about the internal/external hardships within families, friendships, relationships, professions and other experiences that lead to self discovery, healing, overcoming and ultimately thriving. Well written enough to skip to a chapter or read cover to cover. I am giving this book to my son, I hope he can find himself in one of the many stories and that it will help him avoid some pitfalls. He is the very definition of ADHD and I know he is smart enough to use the information in the book to inspire and excel.

I bought this book because I knew of the author through business and wanted to support him. I never thought I would read it. I read the book because I was intrigued after reviewing the table of contents. I couldn't put the book down. I often read business books and this book fit in through the entrepreneurs that David interviewed. It's proof that ADHD Folks can have a successful business. It showed me a different perspective on ADHD! Well done David, this is now a must read recommendations for entrepreneurs.

First book I've read that actually gives real world solutions, and not just one, but a bunch from a ton of people. There's bound to be one that fits perfectly in your life. It's been a great read, thank you for writing it!

David did an excellent job in giving solid solutions to anyone who feels distracted. The book addresses adults with ADD but everyone could benefit from the strategies David describes especially business owners and entrepreneurs.

Very interesting read.

I went down memory lane, and had some great laughs. The experiences the author shared in his book brought back my childhood and young adult years- into my consciousness. Instead of wondering why I did some things - now I know - and can move past those disappointments. I can celebrate the accomplishments that my unique perspective has produced. Overcoming Distractions helped me realize that I am not the only space cadet out there. It takes a lot of effort to "fit in" and "be normal". This is a book to be read more than once. The more we understand the adult problem, the better our relationships will be. David puts failed marriages, lack of follow through, and "quitting" into perspective, as compared to the decision making process. This would make a great book for anyone who wants to master their goals this coming year.

Great read! Everyone can relate to David Greenwood's stories and his no-nonsense advice for all of us who take on so much in our personal and professional lives. Greenwood's research packs a lot of punch and convinces the reader that in this day and age of endless distractions, we have to strategize to stay focused and accomplish every day's goals. Terrific, practical advice!

As the author points out, there has been a lot of discussion related to children with ADHD but not much focus on adults with ADHD. I appreciate that this book focuses on the positive strengths of ADHD rather than focusing on the negatives. The tips and real life examples are given in a way that were relatable to me and I felt that I could pick and choose the things that would really help me.

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