



You Mean I'm Not Lazy, Stupid, or Crazy?!: A Self-Help Book for Adults With Attention Deficit Disorder

Kate Kelly, Peggy Ramundo

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There is much literature about children with Attention Deficit Disorder. This work focuses on the experience of adults with the disorder, combining practical information and moral support. It explains the diagnostic process and distinguishes ADD symptoms from normal lapses in memory, lack of concentrations, and impulse behaviour, and addresses: how to achieve balance by analyzing one's strengths and weaknesses; how to get along in groups, at work, and intimate and family relationships - including how to decrease discord and chaos; mechanical aides and methods for getting organized and improving memory; and professional help, including medication and therapy.

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