



Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized

Susan C Pinsky

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ADD, Attention Deficit Disorder and ADHD, Attention Deficit Hyperactivity Disorder, are prevalent in society today, afflicting about 4.4% of the adult population, which is over 13 million Americans. Four out of every five adults do not even know they are ADD, and while it is often difficult to differentiate adults with true ADD from adults who are merely forgetful and disorganized, *Organizing Solutions for People with ADD* outlines new organizing strategies that will be of value to anyone who wants to improve their organizational, or lack of, skills in their life. The chapters consist of practical organizing solutions for *ADD at Work*; prioritizing, time management, and organizing documents, *ADD at Home*; paying bills on time, decluttering your house, scheduling and keeping appointments, *ADD with Kids*; driving them to various activities, grocery shopping and meals, laundry, babysitters, organizing drawers and closets, and *ADD and You*; organizing time for your social life, gym, and various other hobbies and activities. Color photographs that capture the short attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with ADD, providing numerous organizational tips, such as, the importance of dividing time into minutes or moments, task completion, how to avoid procrastination, asking for help, and how not to be a packrat.

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Jeanne Gonzales:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a walk, shopping, or went to the actual Mall. How about open or maybe read a book titled Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized? Maybe it is to get best activity for you. You realize beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have different opinion?

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The book Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized will bring one to the new experience of reading some sort of book. The author style to describe the idea is very unique. Should you try to find new book to read, this book very suited to you. The book Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized is much recommended to you to see. You can also get the e-book from official web site, so you can quicker to read the book.

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This Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized is great guide for you because the content and that is full of information for you who all always deal with world and still have to make decision every minute. This particular book reveal it info accurately using great manage word or we can point out no rambling sentences included. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized in your hand like finding the world in your arm, info in it is not ridiculous 1.

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