



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

Kate Kelly, Peggy Ramundo

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With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference -- the first of its kind written for adults with ADD by adults with ADD -- focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new:

- The new medications and their effectiveness
- The effects of ADD on human sexuality
- The differences between male and female ADD -- including falling estrogen levels and its impact on cognitive function
- The power of meditation
- How to move forward with coaching

And the book still includes advice about:

- Achieving balance by analyzing one's strengths and weaknesses
- Getting along in groups, at work and in intimate and family relationships -- including how to decrease discord and chaos
- Learning the mechanics and methods for getting organized and improving memory
- Seeking professional help, including therapy and medication

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From reader reviews:

Olga Noone:

The book *You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder* can give more knowledge and also the precise product information about everything you want. Why must we leave a good thing like a book *You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder*? Several of you have a different opinion about publication. But one aim in which book can give many data for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or info that you take for that, it is possible to give for each other; you can share all of these. Book *You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder* has simple shape nevertheless, you know: it has great and large function for you. You can appear the enormous world by start and read a publication. So it is very wonderful.

Vanessa Palacios:

Nowadays reading books become more than want or need but also become a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge even the information inside the book that will improve your knowledge and information. The information you get based on what kind of reserve you read, if you want attract knowledge just go with schooling books but if you want truly feel happy read one using theme for entertaining including comic or novel. The *You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder* is kind of reserve which is giving the reader erratic experience.

Stacy Brooks:

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder can be one of your starter books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort that will put every word into satisfaction arrangement in writing *You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder* although doesn't forget the main level, giving the reader the hottest and based confirm resource data that maybe you can be one among it. This great information could drawn you into new stage of crucial imagining.

Williams Carter:

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