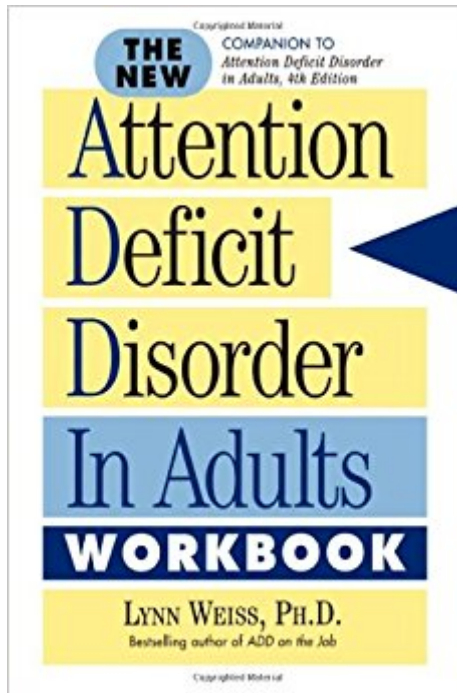




The book was found

The New ADD In Adults Workbook



Synopsis

Over 200,000 copies of Attention Deficit Disorder in Adults, 3rd edition, have been sold. Since its last revision in 1997, dozens of new treatments and philosophies about ADD and ADHD have met with storms of controversy and great media attention. Time and again, Lynn Weiss cuts through the noise and gets down to the point in a human, caring, and professional way. People turn to the Weiss library for a breath of fresh air on the ADD turmoil. The new edition not only touches on and dispels the most recent clinical findings, but it also emphasizes the bigger perspective, focusing on the empowerment and diversity issues facing all of us on the A.D.D. continuum today. It persuades readers to work through their challenges with practical, prescriptive exercises and insights, some of which can be found in the 4th edition, and continue in The New ADD in Adults Workbook.

Book Information

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Customer Reviews

The book helps sufferers self-screen, cope with and manage their ADD. (Tina M. Steffen Fort Worth Star-Telegram)[Lynn Weiss] shares her findings, symptoms and ways to handle the complex disorder in this easy-to-understand book. (Velma Daniels Winter Haven News-Chief)

Nationally recognized and actively sought as a voice of reason, Lynn Weiss needs no introduction. Her writing accomplishments appear below. Books: View from the Cliff: A Course in Achieving Daily Focus, Taylor 2001; A.D.D. and Success, Taylor 1998; A.D.D. and Creativity, Taylor 1997; How to Read Your Child Like a Book, Meadowbrook Publishing Co. 1997; Give Your A.D.D. Teen A Chance, Piñon Press 1996; A.D.D. on the Job, Taylor 1996; The Attention Deficit Disorder in

Adults Workbook; Attention Deficit Disorder in Adults: Practical Help and Understanding, Taylor 1992, Third edition, 1996, Best-seller. Power Lines: What to Say in Problem Situations, Weiss and Lora Cain, Taylor 1994. I Wasn't Finished with Life, Weiss, et.al., E-Heart Press. Most recently, excerpts in ADDvance Magazine from View from the Cliff, 2001 to continue throughout 2001-2002; ADDitude Magazine, 2000; Monthly columns in Recovery; Dallas FamilyMagazine; SR Texas; Total Fitness; View Magazine, 1987-1995; Dozens of articles in newspapers, journals and newsletters on child development and child care issues. 1966-present; on ADD/ADHD issues, 1987-present; on human behavior 1966-present.

This workbook hones in on many of the issues that plague us, especially in the workplace. The fact that Dr. Weiss also wrote, "Add on the Job," is a clue as to the major focus of this workbook. Even for those of us who are retired it can be of great value. I have started working through it with my therapist and find it extremely helpful. I would, however, like to find a similar workbook less focused on the work place.

This book is uplifting. Rather than focusing on ADD as a deficit, Weiss addresses it as a difference with some great benefits. So many of the other books take a deficit medical model view. This one is different in a way that I have found much more useful. I especially like the parts of the book where she talks about ADD (rather than the exercises). I'd have given it five stars, but I did not find the exercises helpful, especially how they're laid out (too spread out and not condensed enough to make them easy to focus on). No matter what, the book is WELL worth it for how Weiss talks about ADD as a positive.

This Workbook is great but for me, it is alot of work. I have yet to get past the 1st chapter and the work involved in completing it. The book was shipped fast and was in great condition. Thank you very much.

I appreciate this workbook. It gives me something solid to work on in a focused manner. I have also learned so much as I move through the chapters and each issue that has been a life-long struggle. Highly recommend.

Recently diagnosed, I researched helper material carefully and found all of Weiss' work helpful, insightful and unique. This is on my Kindle right now and I look forward to buying the hard copy.

Very well written and a great resource for people with ADD attributes. A lot of invaluable information... This book is definitely worth reading!

Have just begun to read and use Workbook, but can tell that it was written for people like (just a moment) me! I'll probably give it a 5 star (Wait a minute please) rating by the time I'm finished.

Thanks Lynn Weiss

Insightful and to the point, this book offers suggestions and strategies to deal with ADD

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The New ADD in Adults Workbook 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 Cock Coloring Book For Adults: Penis Coloring Book For Adults Containing 40 Stress Relieving Funny Dick Coloring Pages In a Paisley, Henna, Mandala ... (Dick Coloring Books For Adults) (Volume 1) Jokes: 3 Books in 1: Best Jokes for Adults, Best Funny Stories for Adults, Best Funny Jokes for Adults ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Realistic Animals Vol. 2 - Just Add Color: A Stress Management Coloring Book For Adults The ADDED Dimension: Everyday Advice for Adults with ADD You, Your Relationship & Your ADD: A Workbook My Own True Name: New and Selected Poems for Young Adults (Pinata Books for Young Adults) 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) The New Attention Deficit Disorder in Adults Workbook Alfred's Group Piano for Adults Student Book 1 (Second Edition): An Innovative Method Enhanced With Audio and Midi Files for Practice and Performance (Alfred's Group Piano for Adults) Sloth coloring book for adults: (Animal Coloring Books for Adults) Elephant Coloring Book For Adults: An Adult Coloring Book of 40 Patterned, Henna and Paisley Style Elephant (Animal Coloring Books for Adults) (Volume 2) Dot-to-Dot Landmarks for Adults: Puzzles from 171 to 889 dots (Dot to Dot Books For Adults) (Volume 2) Maze Puzzle Games Book: Brain Challenging Maze Game Book for Teens, Young Adults, Adults, Senior, Large Print, 1 Game per Page, Random Level Included: Easy, Medium, Hard Easy Coloring Book For Adults: An Adult Coloring Book of 40 Basic, Simple and Bold Mandalas for Beginners (Beginners Coloring Books of Adults) (Volume 1) Color Fairies: A Decorative Fantasy

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