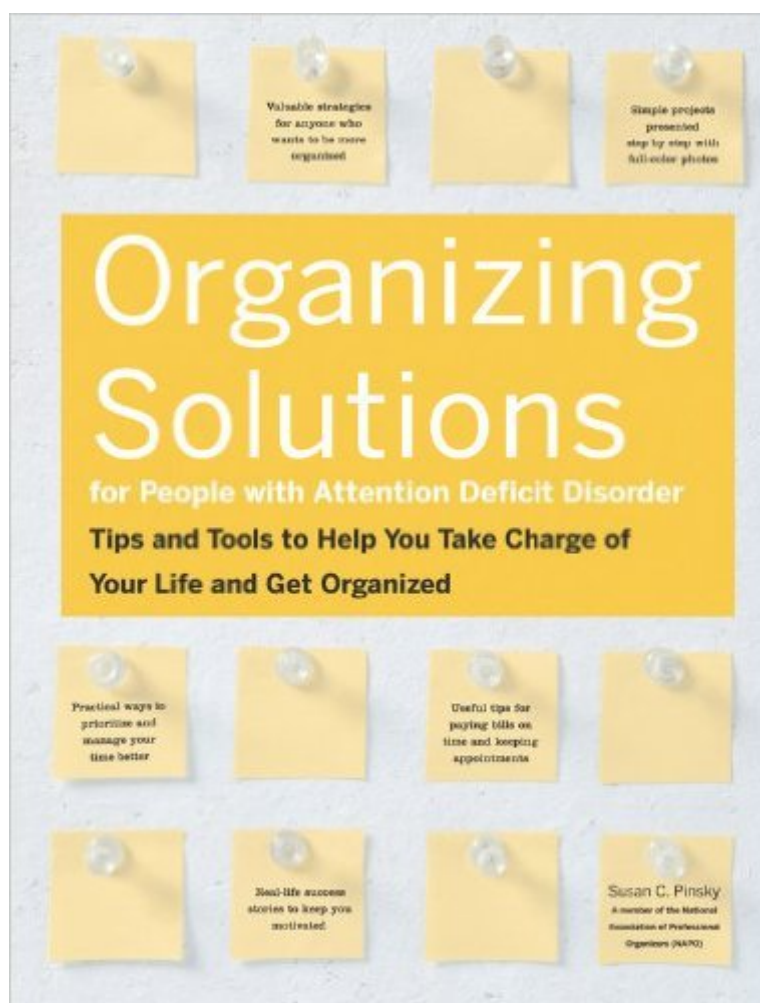


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# Organizing Solutions For People With Attention Deficit Disorder: Tips And Tools To Help You Take Charge Of Your Life And Get Organized



## Synopsis

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, de-cluttering 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.

## Book Information

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## Customer Reviews

I think there is some gold in this book - if you ignore the parts that are lousy. I second the other reviewers in terms that her ideas are good for children, seem to assume that ADD adults are

hopeless and can't improve, and cost too much money in terms of having to hire someone to do everything for you. Additionally, her ideas on how to "organize" your life are a joke. (She says to put sticky note pads by your phones for writing down your tasks as they are called in - uh, and what do you do if you have a cell phone and rarely get calls on your landline? Where do you put the notes to save them? She doesn't seem to think her clients can carry even a small notebook for messages, which would be the reasonable assumption.) I don't have ADD, but I can tell you that I thought her tone was condescending and insulting to those who do. Instead, read *4 Weeks to an Organized Life with AD/HD* by Jeffery Freed. Written by an educator with ADD and a psychiatrist who specializes in the condition, it will help you train your brain to remember what you want it to, help you learn to focus and help you to organize yourself. It won't tell you how to set up your closet, but that is where Pinsky's book might come in handy. At this point I would also get either *The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life*. They teach you how to set up your own system that is customized to what you do, and to organize your home in a way that works for you.

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