

[PDF] The Disorganized Mind: Coaching Your ADHD Brain To Take Control Of Your Time, Tasks, And Talents

Nancy A. Ratey - pdf download free book

Books Details:

Title: The Disorganized Mind: Coachi

Author: Nancy A. Ratey

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Description:

From Publishers Weekly Ratey has produced a valuable resource for people addressing the daily challenges caused by the neurobiological condition of Attention Deficit Hyperactivity Disorder. Symptoms of ADHD include difficulty with organization, focus, and time management. Ratey, a professional ADHD coach who was diagnosed with the disorder herself while in graduate school, provides a set of concrete tools that ADHD adults can use to help themselves traverse both personal and professional situations, though the author emphasizes that her book is not a substitute for

diagnosis and treatment. Short sections explaining the biological reasons for the disorder's more exasperating symptoms are contributed by Ratey's husband John, a psychiatrist specializing in treatment of ADHD and co-author of *Driven to Distraction*, a seminal ADHD book. With a nod to her audience, Ratey divides her book into sections that can be absorbed in small increments, including her own struggles with the disorder, her six-step "A.N.S.W.E.R" system, case studies and tips from spouses and employers. For ADHD sufferers, Ratey's book might not be a one-stop remedy but it's an extremely helpful starting place.

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Review

Advance praise for *The Disorganized Mind*:

"Nancy Ratey, the queen-maven of coaching, has written a masterful and practical guide to the world of promoting peak performance and peace of mind through the power of coaching. *The Disorganized Mind* will make all who read it more successful, less stressed, and happier in their pursuit of their goals. This book is a total winner!"

- Edward Hallowell, M.D., co-author of *Driven to Distraction* and author of *CrazyBusy*

"In a very warm and personal style, Nancy Ratey, a true pioneer in the field, demonstrates the depth of her expertise and empathy for adults with ADHD. In her book, *The Disorganized Mind*, Ratey skillfully guides the reader through a potentially life changing process!"

- Sari Solden, MS, author of *Women with ADD* and *Journeys through ADDulthood*

"Well done! This book will really help ADDers understand what coaching is and how they can self-coach. It's a compassionate book clearly based on years of successful coaching experience. I'll recommend it to my clients."

- Judith Kolberg, Award-winning professional organizer. Co-author, *ADD-Friendly Ways to Organize Your Life*

"Speaking as a mother of a child with LD and ADHD, I knew little about coaching prior to reading Nancy Ratey's extremely insightful book. I particularly liked the chapter on Time Mismanagement as I have seen first hand how challenging this can be. Nancy's book will inspire, and serve as an invaluable life guide for those who lead scattered, disorganized lives."

- Anne Ford, Chairman Emeritus, National Center for Learning Disabilities and author of *Laughing Allegra* and *On Their Own*

"Through her years of experience coaching others with the disorder, Nancy Ratey has seen firsthand that people can change their lives. The book demonstrates the power of coaching and/or self-coaching and the difference it can make for those with ADHD."

- From the Foreword by John J. Ratey, M.D., co-author of *Driven to Distraction*

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