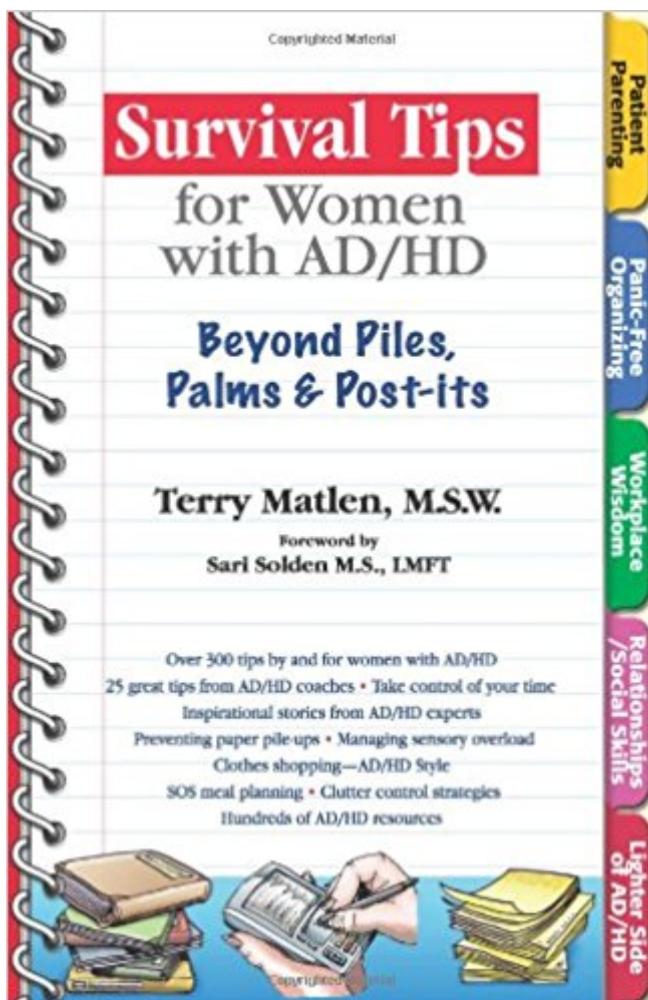


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# Survival Tips For Women With AD/HD: Beyond Piles, Palms, & Post-its



## **Synopsis**

Women with AD/HD tormented by the daily chores and decisions needed to survive in a world of linear thinking will find solace in this self-help guide. Offering a collection of practical solutions to seemingly simple daily problems, this book will help to relieve the guilt and anxiety so many women have when they feel they don't measure up to the norms of today's society. These proven gems of wisdom, submitted by hundreds of women with AD/HD from all over the world, will help the reader painlessly get through the piles of laundry on her floor and stacks of paper on her desk. Written to accommodate readers with AD/HD who often have difficulty reading a book from cover to cover, this guide is designed like a manual, allowing them to flip through to areas of interest without having to read the entire book to find what they need. Practical tips provide help in dealing with organizational tasks, including paperwork in the home and office, preparing meals, social situations, paying bills on time, household chores, shopping, and personal and family health.

## **Book Information**

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## **Customer Reviews**

A treasure trove for every woman with AD/HD....a labor of love...I highly recommend it. -- ADDitude Magazine, February 2005, Reviewed by Christine Adamec, Author of Moms with ADD

Terry Matlen, M.S.W., has been an advocate for those with AD/HD for more than a dozen years. She is the leader of AD/HD support groups, the editor of the web site on AD/HD, [www.ADDconsults.com](http://www.ADDconsults.com), an author of articles on AD/HD, a sought-after speaker at conferences, and

former member of the board of directors of the Attention Deficit Disorder Association. She lives in Birmingham, Michigan.

If you are not woman with ADD, you cannot understand how frustrating it is and not because of the ADD, but because nobody gets it. This book gives some moral support

Very good idea to have all these tips! I gave the book to my friend's daughter who just graduated from college.

good book

another great book to help me stop 'chasing squirrels' as we say at my house.

I needed a quick set of notes tot refer to that could help me in a short time - this book was it!!

Provides understanding and knowledge about girls who suffer with (or a loved one suffering from) Attention Deficit Disorder. Often ADD or AD/HD goes undiagnosed in a female member of the family because it doesn't fit the obvious symptoms like the "little boy who can't sit still in the classroom". How many of our overly-bright-underperforming daughters have been struggling with this neural/chemical syndrome? One can learn much and be more understanding as a result of this excellent book.

I have mild ADHD, so I'm not as challenged as some of the women in the book seem to be. I learned most of these tips a long time ago. But I still enjoyed the book! I can now explain to people why I can't cook-I inherited ADD from my mom (who is also cooking-challenged)! The reviewer who didn't like the dinner suggestions must not really have ADD-those suggestions are the way I've been cooking since I moved out of my mom's house 30 years ago! My oldest son has sensory processing difficulties, so he will only eat about 6 foods. My youngest son will eat anything, period. My ex was always too spaced out from his unmedicated ADD to eat with us. As the book mentions is true for many women with ADD families, my motivation for learning to cook is pretty low. These "recipes" have protein, carbs and fruits/veggies, so they are well balanced, if maybe different from the way the Cleaver family eats. There are many good references, especially of internet resources. I did find handy tips in it, also. But for me, the best part was the entertainment value of reading about

other women who struggle with the same things I do. I think I can now view my ADHD with humor rather than frustration, knowing there are a lot of us out there!

Information is powerful, but it didn't help me cope with the person who has it.

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