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# Delivered From Distraction

"This book is certain to be a classic for the next decade."

—PETER S. JENSEN, M.D.,

Ruane Professor of Child Psychiatry, Columbia University

## Delivered from Distraction

Getting the Most out of Life with  
Attention Deficit Disorder

With Vital New  
Information on  
Childhood  
and Adult ADD

EDWARD M. HALLOWELL, M.D.,  
AND JOHN J. RATEY, M.D.

Bestselling authors of *Driven to Distraction*



## Synopsis

In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder "all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, "attention deficit disorder" is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regime. Inside you will discover:

- whether ADD runs in families
- new diagnostic procedures, tests, and evaluations
- the links between ADD and other conditions
- how people with ADD can free up their inner talents and strengths
- the new drugs and how they work, and why they're not for everyone
- exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle
- how to adapt the classic twelve-step program to treat ADD
- sexual problems associated with ADD and how to resolve them
- strategies for dealing with procrastination, clutter, and chronic forgetfulness

ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read. From the Hardcover edition.

## Book Information

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## Customer Reviews

In 1994, Hallowell and Ratey published *Driven to Distraction* to rave reviews. Now, *Delivered from Distraction* hits the bookstores to similar accolades. The message of hope and celebrating your strengths is the same, the tone of empowerment is the same. What's changed? The very latest in the world of attention differences, including current research in lifestyle changes, supplements, medication, and testing. Unlike *D2D*, Dr. Hallowell wrote the book, but the project was shared with Dr. Ratey. Like *Driven to Distraction*, the book is sprinkled with observations taken from the pages of Hallowell's practice. This book is comprehensive and renovated extensively from *Driven to Distraction*. The ADD field has grown more complex and saturated with "Do this or do that," - "Try this, try that." In four parts, *Delivered from Distraction* provides a foundation from which to discuss the ADD phenomenon: (1) What's It Like to Have ADD? (2) Three Stories that Tell the Story (3) Making the Diagnosis of ADD (4) Mastering the Power and Avoiding the Pitfalls: The Treatment of ADD. There's a lot to digest in *Delivered*. The chapters I found fascinating were "ADD Self-Assessment Quizzes for Adults," "An evil, an illness, or a kind of mind?," "The qEEG and SPECT scan" "Conditions that Coexist with ADD," "Bipolar or ADD?" "Genetics," "Are We Training our Children to have ADD?" "The Treatment of ADD: What Works Best," and "ADD in Families." That's almost the whole book...By far, I was fascinated by the chapter on Omega-3 Fatty Acids and its relationship to inflammation and ADD. Dr. Hallowell and Barry Sears of the Zone Diet have teamed up for a study at Hallowell's center in Sudbury, Massachusetts. Does Omega 3 help people with ADD?

This is one of those books that is both a gift... and very upsetting. - - When I was coming up, the

terms ADD and ADHD were just becoming popular... only they were becoming so popular a lot of people were having trouble taking them seriously. - - It seemed like a faddy diagnosis and an excuse to medicate any kid who the television set couldn't babysit for adequately... At that time, I should note that it was clear that I had some kind of learning disability - -yet was a supposed "gifted underachiever" - - meaning I had a supposed "borderline genius" IQ but was too "lazy", "disorganized", "unfocused" even "bored" with school work.(Back then the only treatments were "punishment", "tolerance" or counseling to deal with the "problem behaviors")Ironically enough, just after I finished HS the SIMPSON'S became popular, and the term GIFTED UNDERACHIEVER also became a popular term... When I went to school however, bad grades meant STUPID... and there is no doubt, I carry some of the trauma and ridicule today (\*Teachers just LOVE calling on ADD kids when they're not paying attention and singling them out.... supposedly to shame them into paying attention, but in reality, as an ADD'er I think it was just one trauma built on another!)O.K. Years passed... and because of my inability to achieve in conventional settings I can't begin to describe all the problems, conflicts and restlessness I had in life... (and here is where I begin to get back on topic....)HAVING READ THIS BOOK I actually read chapters of my own life story to such a point that had a been able to go back 28 years and been told "this is your future" - - I would have actually been able to read it and have SEEN my future (as well as perhaps get help.

Delivered from Distraction is a fine read (stylistically) and an excellent guidebook for someone who is professionally and accurately diagnosed with ADD, or for those who would like to know what having ADD feels like and the types of behaviors people with ADD are prone to exhibit. This could be of particular benefit to mental health professionals who work with people with ADD. And for those who think ADD is a pseudo-disorder or a political ploy (I'm not one of them), maybe this book will change your mind. Although as Dr. Hallowell reminds us, if such skeptics could walk around for a day with the symptoms of ADD, most would quickly change their minds, and would most likely reverse their stance on the idea that it is some sort of social construct. I myself recall the first time I took Ritalin. I was so overwhelmed by the relief it brought me, I almost began to cry. Overall, if you have read Driven to Distraction by the same author "team" published in 1994, you'll find a lot that sounds familiar, but also much about some new treatments--some "official," some experimental. These include new brain imaging diagnostic procedures, some very strange but interesting stuff about cerebellum stimulation (you have to read it carefully to understand it! (Wait till you see some of the theory behind it and what you actually do during the treatments!!); more specific nutritional advice, new medications (like Strattera, which I have tried but didn't find too helpful--which I'll

attribute to the "different strokes for different folks" philosophy, and some really nice touches when Dr. Hallowell relates personal anecdotes about himself and family members with ADD.

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