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# ADD-Friendly Ways To Organize Your Life



## ADD-FRIENDLY WAYS TO ORGANIZE *Your LIFE*

JUDITH KOLBERG & KATHLEEN NADEAU, PH.D.



## **Synopsis**

From authors Judith Kolberg and Kathleen Nadeau comes an essential guide to organization written with the unique needs of ADD sufferers in mind. Here are strategies that work from a professional organizer and a renowned ADD clinician. Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process, often making their advice irrelevant or frustrating when put into practice. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale. This is a book that has ADD-friendly advice with the ADD-er in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields: professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to using the help of non-professionals or professional assistance. Thus it permits the listener to decide where they are personally in the organizing process and what level of support will be most beneficial to their unique situation.

## **Book Information**

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## **Customer Reviews**

I was just diagnosed with ADD a few months ago. Since it was new to me (I wasn't self-diagnosed and knew very little about it), I came to to buy a book that had been recommended to me.

"ADD-Friendly Ways to Organize Your Life" was the other half of a "better together" offer with that one, so I went ahead and bought it. I just finished writing a 3-star review of that recommended book. I've learned more about ADD in general from this one, to say nothing of organizing. Okay, I have two

post-graduate degrees and work in research, so you'd think I could figure these things out by myself... But if the only ideas I retain from this book are to organize on shelves instead of in drawers and vertically rather than horizontally, it will have been a savior. Reading the sentence "Retire your dresser" was a eureka moment! Who knew that something like that could make such a difference? I now have shelves in the closet for my clothes and actually put them away after I do laundry. At the office, I've grabbed an abandoned metal magazine rack from the supply room so I can keep current projects vertical and in sight without having to put more on my desk than is already there. There are some suggestions in the book that seem counterintuitive, or contradict common advice on organization, but as soon as I read them I knew they were just what I needed. Whether there really is something about the "ADD brain" that makes these off-beat suggestions work, I have no idea, but I don't really care. My closest match in the book chapters was "Chaos," and I have a long way to go, believe me. I think the fact that the person presented in that chapter was single was a big help to me.

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ADD-Friendly Ways to Organize Your Life Time to Get Things Done: Beat Procrastination, Stop Being Lazy, Take Actions, and Master Your Life in 24 Hours (2nd Edition) (Organize Yourself, Organize ... Self Organization, To Do List Book 6) Autism: 44 Ways to Understanding- Aspergers Syndrome, ADHD, ADD, and Special Needs (Autism, Aspergers Syndrome, ADHD, ADD, Special Needs, Communication, Relationships) Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Organize Tomorrow Today: 8 Ways to Retrain Your Mind to Optimize Performance at Work and in Life Healing ADD: The Breakthrough Program that Allows You to See and Heal the 6 Types of ADD Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good Earth-Friendly Clay Crafts in 5 Easy Steps (Earth-Friendly Crafts in 5 Easy Steps) Earth-Friendly Wood Crafts in 5 Easy Steps (Earth-Friendly Crafts in 5 Easy Steps) Work Clean: The life-changing power of mise-en-place to organize your life, work, and mind Organize Now!: A Week-by-Week Guide to Simplify Your Space and Your Life Evernote for Your Productivity - The Beginner's Guide to Getting Things Done with Evernote or How to Organize Your Life with Notetaking and Archiving: ... Evernote Bible, Evernote Notebook) Out of Sight - Out of Mind: Declutter and Organize Every Facet of Your Life Effective Time Management: Using Microsoft Outlook to Organize Your Work and Personal Life (Business Skills) The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life Minimalist Living: Simplify, Organize, and Declutter Your Life Tame Your Gmail in 5 Easy Steps with David Allen's GTD:

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