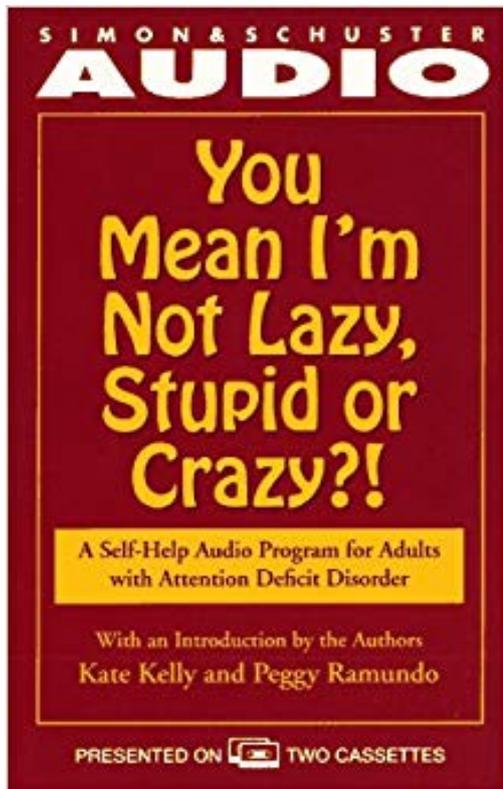


You Mean I'm Not Lazy, Stupid or Crazy?: A Self-help Audio Program for Adults with Attention Deficit Disorder *by* Kate Kelly



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A guide to identifying, understanding, and managing Attention Deficit Disorder in adults includes current research, treatment options, impact on relationships and self-esteem, tips on improving organization and memory skills, and valuable moral support. Read by Kate Kelly & Peggy Ramundo. Simultaneous.



Reviews of the [You Mean I'm Not Lazy, Stupid or Crazy?: A Self-help Audio Program for Adults with Attention Deficit Disorder](#) *by* Kate Kelly

Rainshaper

I don't like to dump all over someone's hard work, but I felt the need to write a review to help other ADDers. This book has very little structure, jumps from topic to topic and does not flesh out sound ideas or provide a plan. It's basically paragraphs of antidotes and advice interspersed with "real world" examples and cheesy clip art. And it's so outdated, it's hard to apply to modern life in 2016. Just recently diagnosed as an adult, I'm reading every book I can find on the topic. My favorite thus far is *Delivered from Distraction* by Hallowell and it provides a clear 8 step plan. Read *Lazy Stupid Crazy* if you want more information, but don't let this be the only book that guides you on this path.

Thozius

Wonderful book. I'm an adult with ADD who wasn't diagnosed until my 20s, and being admonished for behaviors (I see as ADD related in hindsight) for years really did a number on my self esteem. Hence the title of this book. I didn't know any better, and neither did the adults correcting what they saw as my "bad" or lazy behavior. This book is wonderful for helping make you aware of how others view your ADD symptoms and how they can affect you. That if you're told you're lazy, stupid, or crazy often enough - you can start to believe it.

Alsath

As a therapist working with many adults with ADHD I highly recommend this book. It is one of the most helpful books on the market written specifically for the individual coping with ADHD. It can be used as a reference book but also lends itself to being read cover to cover over time, after which the reader can refer to it as a helpful reference. Also have it on Kindle though I recommend purchasing the paperback as well. With the paperback it is easier to use when wanting to refer to different parts of the book quickly.

Winawel

I was recommended this book by my therapist. I was hoping for something more "proven", if that makes sense. The whole book is like a pat on the back, just someone telling you that everything is okay and you're not alone. A lot of the anecdotes start with "have you ever noticed" and end with "we wouldn't be surprised if this was true too". It offers some good coping strategies, but no proof that any of them work other than their own anecdotal evidence. There are some doctors on youtube who talk about ADD and I think their videos are a much better resource than this book. I'm sure that this book would offer a great benefit for some people, but it really wasn't what I was expecting or looking for.

Windbearer

Anyone who thinks s/he has ADD/ADHD, anyone who knows s/he has ADD/ADHD, and anyone who is close, personally or professionally, with someone who has ADD/ADHD can benefit from this book. It's a great first step to understanding the possible symptoms and effects of the disorder. It's a great first step to admitting you might be affected by the disorder. It's a map for getting help and helping yourself. What makes it so valuable is the fact that it's written by two women who are themselves ADD-abled and who are now life coaches for those living with such differences. And it's real - these women aren't always waving pom-poms, claiming the work you'll have to do, the challenges you face, are not really a big deal. They admit the process of learning to truly live with ADD/ADHD can be frightening and hard. But they are convincing that the struggle is worthwhile.

Another reviewer pointed out that the medical sections are outdated. That is a very practical and true observation. But the general point that someone with ADD/ADHD shouldn't automatically reject medication is nonetheless valid.

Lauren Williams, Certified Professional Organizer, Owner, Casual Uncluttering LLC, Woodinville, WA, USA

Meztisho

This is the best ADHD book I've read so far. *Driven to distraction* is great and explains a lot about ADHD but this book was a bit more on the... this is how it feels, this is why it does what it does and this is how it makes you and everyone else frustrated... then it gives a bunch of small and big strategies to figure out how you think and how to work with your own brain instead of fighting it. Lots of notes in the columns that say "yes this is me" and "yes this works" while reading this.

Andronrad

WOW! It's like the authors had been spying on my life & all the struggles I go through on a daily basis! It's a relief to know that other people HATE the overwhelming task of deciding what to cook for dinner. Also, knowing that b/c something is so frightening to me, it's not uncommon to completely shutdown and do nothing. I hope I can use some of the techniques suggested to feel "more in control" & to quit beating myself up.

Probably doesn't make having or understanding ADD any easier, but certainly shows what may be expected with this diagnosis. Most helpful of all is to know that the loved ones who have it aren't "just not trying hard enough", rude/irritable, scattered, ditsy.

And the ones I've given it to were beyond grateful to be understood and to be given "tools" to make their lives easier.

Highly recommend it!

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