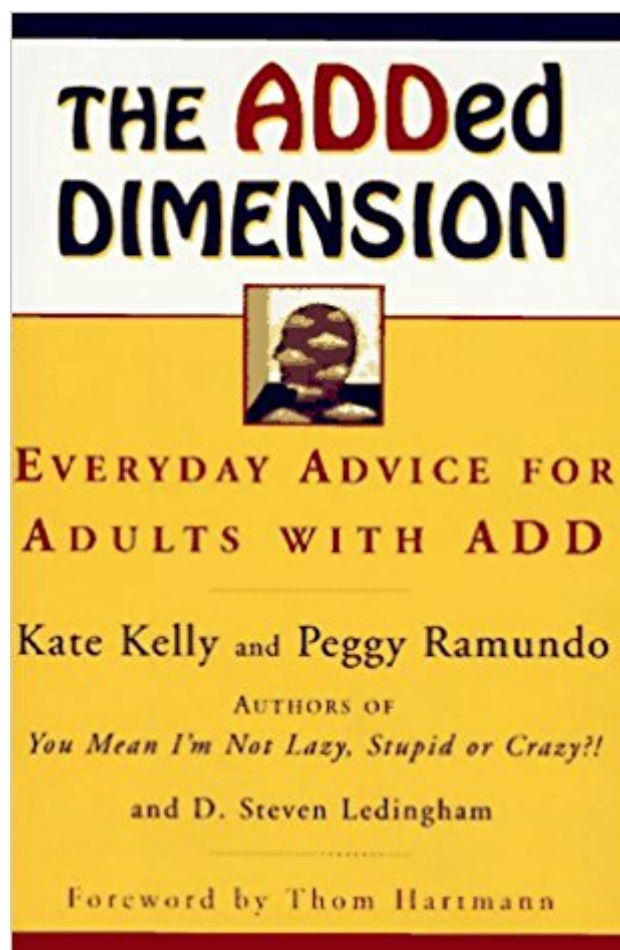


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# The ADDed Dimension: Everyday Advice For Adults With ADD



## Synopsis

In *The ADDed Dimension*, Kate Kelly, Peggy Ramundo, and D. Steven Ledingham offer insight -- with wise, clear eyes and well-developed senses of humor -- into every facet of the ADD experience, from issues of work, parenting, and relationships to those of organizational skills and stress. ADDers know enough about the "disadvantages" of ADD, and this is much more than just a guide to solving problems. At its heart, its aim is self-realization, the feeling of standing, feet firmly planted, on the common ground all ADDers walk. Along the way, it celebrates the good news about ADD: the fact that "different" doesn't mean "worse," and more often might mean "better," especially when energy, creativity, and humor are concerned. What to do after you or your loved one has come to terms with ADD, but need help at times in keeping perspective, in relating the disorder to everyday life issues and experiences? Now, with *The ADDed Dimension*, there's a single book that can help.

## Book Information

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## Customer Reviews

This book is structured like that of a devotional type with one to one-half page explanation and what to do about a symptom of ADD that the authors have encountered in their lives. This book has helped me become comfortable with having ADD and has given me many good ideas and guidelines on how to make my symptoms work with me not against me. I highly recommend this book to anyone with any form of ADD.

I'm glad to have read the work of two of ADD's most steadfast advocates. This book represents a very different approach to dealing with ADD problems (shall we say 'as we find our way through our daily fog?') as it is geared straight at the level of dysfunctionality- the ADDers themselves. The sections are organised into single page 'problem & answer' format, each topic being introduced by a relevant notable quote from celebrities and well-known persons. Although I find the information useful, witty, and practical, this is not the be-all or end-all approach to solving the ADDers' multitude of problems. It does serve, however, to heighten awareness and could easily serve as the catalyst for future action. One recommendation would be to label each of the single page topics for easy reference in the table of contents as opposed to identifying it by the quote only. The rhetoric and theoretical 'fat' has been cut to a minimum, thank God...too many books contain 'extra' information that may not appeal to the target reader. Let me say that the matching of content is dead-on for the ADD person who buys this book. In fact, this may be the first self-help book written for Attention Deficit Disorder adults. Strange to think that merely a decade ago this disorder was not widely recognised as existing in adults. Thanks to Kate Kelly and Peggy Ramundo for taking such giant steps in the battle to cope with ADD.

I have to say I was disappointed in this book; enough so that I returned both copies I'd bought (one for me and one for a gift). There are some good tips in it for dealing with common ADD challenges, but I found them hard to reference, even though they're grouped into chapters based on topic. And when I'd try to read straight through like a regular book, I'd find myself becoming overwhelmed by all the varying tips (how very ADD of me). If, instead of writing in sound bytes, more had been written about each tip, I think I would have appreciated it more. Anyway, having said that, it does have some good basic hints and tips, especially for newly diagnosed ADDers.

As one of the authors of "The ADDED Dimension" I was thrilled to be involved in this book. At last we could focus on the positive side of ADD. It was neat to be able to write about the experience of ADD and not just more information on the medical condition and treatment options. This is a book about the real feeling and life experiences of those of us who learn differently and face the daily challenge of living with ADD. D. Steven Ledingham, 8/7/97

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