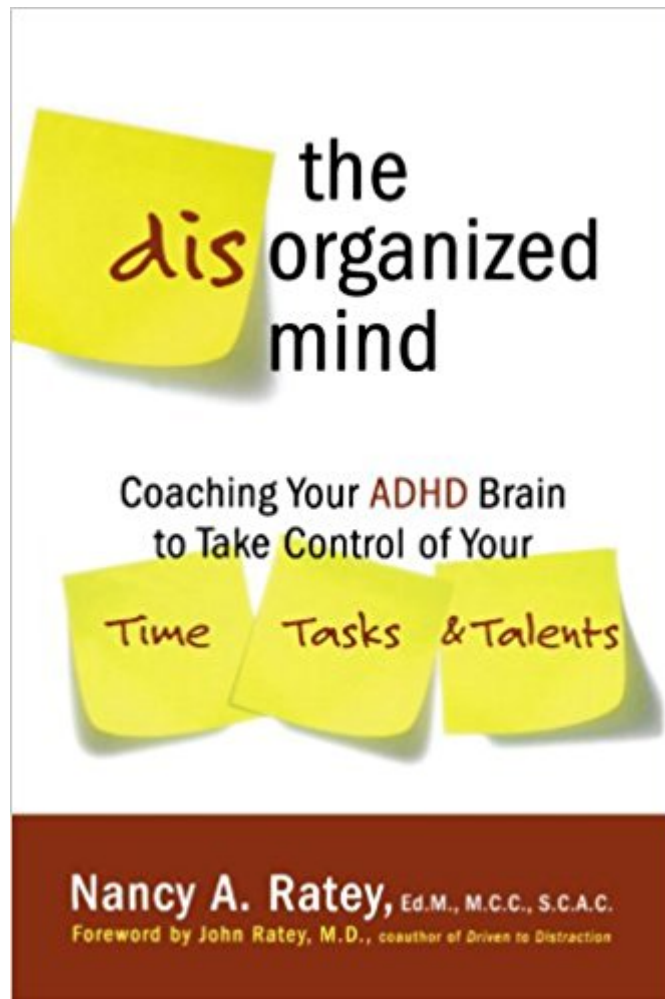


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# The Disorganized Mind: Coaching Your ADHD Brain To Take Control Of Your Time, Tasks, And Talents



## Synopsis

For the millions of adults diagnosed with ADHD *The Disorganized Mind* will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around. *The Disorganized Mind* addresses the common issues confronted by the ADHD adult: "Where did the time go?" "I'll do it later, I always work better under pressure anyway." "I'll just check my e-mail one more time before the meeting." "I'll pay the bills tomorrow" - that will give me time to find them." Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change - this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible. Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

## Book Information

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## Customer Reviews

I bought this book because I was hoping that it would provide me with the necessary tools to calm my otherwise disorganized ADD mind. The book description on [Amazon](#) seemed to fit my situation perfectly, and I impulsively bought the book here on eBay. I thought that in a worst case scenario, I may pick up a tool or 2 that would help me somehow. My best case scenario of actually being able to USE the information was what I was shooting for. Imagine my pleasant surprise when I received this book and found that it would help me in numerous situations that I struggle with every day. If you have ADD/ADHD, then you would be familiar with the impulsivity, distraction, hyperfocusing, financial disasters, clutter in your home, and on and on. I deal with one or more of these situations every single day that rolls over my head. For me, it is very frustrating. Nancy Ratey has ADD and dyslexia, and she has grown up with it all of her life. She has managed to carve out ways to deal with ADD through being a life coach for adults with ADD. This book is a testament to her abilities as a coach, along with client histories to show how she helped those clients conquer the very ADD symptoms that we all struggle with on a good day. She developed the A.N.S.W.E.R. strategy that gives the reader a way to analyze what is working for them and what is not. My favorite part of the book is how she consistently teaches her clients and her readers to not look at ADD as a problem child, but rather look at it as a neurological condition that has to be managed. ADD patients are NOT a disease. We are all people, creative people, and we all deal with the same or similar situations in our every day world.

I found JackofMostTrades' review reasonable. Perhaps if he gave it one star, one might consider bias - but three stars for this book is very reasonable. I did have trouble finishing it - I guess I'm one of those that got bored half-way through. (Although for the sake of this review I have skimmed the rest) Personally I think everyone with ADD/ADHD should read the book, "A Perfect Mess." Guess what, being somewhat messy can actually be MORE efficient and productive than being a neat-nik. This understanding allows one to focus on those messy habits that truly lead to inefficiency rather than those that just make one's home ineligible to be displayed in Better Homes and Gardens. Reading that book first will help one ignore any inadvisable recommendations and proscriptions in Ms. Ratey's book (and there certainly are some.) If one has ever set about to clean/organize a room/closet by emptying all the stuff out only to become overwhelmed and left with a greater mess than one began with, this book promotes a psychological equivalent. Yes in theory inventorying all aspects of one's life can help with priority setting - but in practice it's about as successful as organizing a room by dumping everything on the floor first. It's not surprising that coaches would of course advocate for this book. (Note the vast majority of 5 star ratings are by coaches.) However,

Jack is correct, there never has been a study showing the effectiveness of coaching in ADHD. Of course, coaches will like a book that promotes coaching. That doesn't mean there is any science behind it. For a non coach like me - I didn't find the book that useful. The book doesn't really acknowledge/discuss that ADHD is not about having a disorganized mind but rather a differently organized mind.

I am familiar with nearly every popular book written on the subject of ADD/ADHD, and I have to state I did not particularly like this one. I make the proviso that if you are newly diagnosed with ADD (and I'll assume it's an accurate diagnosis), and you don't know anything about the syndrome from a factual perspective or are not clear about the nature of or the way to address your own behaviors, perceptions, and thoughts, I suppose this book is OK. However, if you read it from cover to cover, it is, to me, quite paradoxical. Here's briefly why. The author provides so many behavioral suggestions--both technological (external) and cognitively-based (internal)--that to set up an environment to accommodate them all would be impossible. Notes on your computer, timers, signs, noises, reminders, calendars, diaries: the list goes on. Although the author begins by stating you have to find your own means to organize your life, this recommendation is soon swallowed up by a cacaphony of suggestions that no working person, at least, could follow. Another problem I found is that the book is very proscriptive regarding what is 'normal.' For example, if you have ADD and have a penchant for going into narratives instead of getting to the point, well, there's a mental reminder to change your communication style. But maybe the narrative IS an essential part of the point. I understand that the book is meant for the educated, affluent (the author states that these make up the bulk of her clientele) and therefore must conform to a corporate style of managerial behavior, but there's too much and/or thinking in the suggestions. A book can be written that way, but a life is rarely lived that way. Anyone who works with others knows the best time managers are at the mercy of the unexpected.

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