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# Attention Deficit Disorder: The Unfocused Mind In Children And Adults



## Attention Deficit Disorder

THE UNFOCUSED  
MIND IN CHILDREN  
AND ADULTS

Thomas E. Brown, Ph.D.



## Synopsis

Myths about Attention Deficit Disorder/Attention Deficit/Hyperactivity Disorder(ADD/ADHD) abound. This disorder frequently goes unrecognized, and even when diagnosed may be inadequately treated. In this up-to-date and clearly written audiobook, a leading expert offers a new way of understanding ADD. Drawing on recent findings in neuroscience and a rich variety of case histories from his own clinical practice, Dr. Thomas E. Brown describes what ADD syndrome is, how it can be recognized at different ages, and how it can best be treated. This is the first book to address the perplexing question about ADD: how can individuals, some very bright, be chronically unable to "pay attention", yet be able to focus very well on specific tasks that strongly interest them? Dr. Brown disputes the "willpower" explanation and explains how inherited malfunctions of the brain's management system prevent some people from being able to deal adequately with challenging tasks of childhood, adolescence, and adulthood. His audiobook is an authoritative and practical guide for physicians and psychologists, parents and teachers, and the 7 to 9 percent of persons who suffer from ADD/ADHD. Selected as an Outstanding Academic Title by Choice magazine.

## Book Information

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## Customer Reviews

Over the last two years, I have been immersed both professionally and personally in exploring the relationship between executive functioning in the brain and personal functioning out in the world. This book is one of the most accessible volumes I have found on the neurobiological aspects of ADD. I especially appreciated the chapter on co-occurring conditions. There are many related neurological conditions such as depression, anxiety, and autistic spectrum disorders, that

combine with ADD to make an individual's situation more complicated than is usually presented in books. My only quarrel with Brown is in his enthusiasm for stimulant medication to the virtual exclusion of other treatments. Stimulant medications can be wonderful when they work. Even when they work however, the person with ADD can benefit from his one designed counseling, training, and treatment. With that caveat, I highly recommend this book.

As a college student who suffers from ADD, I have heard just about every myth you could imagine related to ADD in our popular culture. Professionals and authors I've come across often provide tedious, contradictory opinions, which is why I was so happy to find a book that offers real clarity. With a combination of rock-solid scientific research and accessible anecdotes, Dr. Brown removes the clutter from understanding the cluttered ADD mind. He debunks myths systematically, and more importantly offers enlightening explanations that can provide real help. Serious professionals will identify Dr. Brown as an accomplished expert who clearly speaks their language, while those seeking guidance for their own ADD, or for a loved one, will be able to learn a great deal. I am not someone who is majoring in psychology and have only a limited background with the terminology, and I found the book to be written at a level someone of my experience could understand. I would advise those interested in learning about ADD to pick it up and give it careful consideration.

I found this book informative with very current, new ideas. I knew that ADD ran in our family but after reading this book, I realize that there are manifestations of it that I had never considered ADD. Now I realize that even more of us have this condition. We present with diverse symptoms, abilities and coping strategies but according to this book they are caused by the same types of brain problems. That makes very good sense to me. It explains a great deal. I am 63 years old and have known 6 generations of my family from my great grandfather to my grandchildren. There are some with ADD in each generation. What I used to think of as quirks I now realize are ADD traits. This book has allowed me to be gentler on myself and members of my family. I bought 4 copies of this book and am giving them to family members. I hope that they will find this information as helpful as I have.

OUTSTANDING BOOK! I recommend this book to EVERYONE interested in the most current information on ADD and ADHD. Dr. Brown uses the term "ADD syndrome" to refer to a cluster of impairments in the management system of the mind. As a female adult with ADD and a high school resource specialist, I have experienced the effects of this syndrome both personally and

professionally. As an educator who sees the actions of students with ADD frequently misunderstood by their teachers, I believe the information in this book will make a huge difference for students in the classrooms of the teachers who read it; Dr. Brown explains not only how these impairments affect behavior and time management, but more importantly, how they can affect reading, written expression, math, and memory. As a person with ADD, I especially liked his concept of ADD syndrome. Dr. Brown explains the complexity of this syndrome in an easy to read and easy to understand format. This book is for everyone who has been touched by someone with ADD: parents, friends, spouses, siblings, relatives, teachers, doctors, psychologists, and especially, any person who has ADD.

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