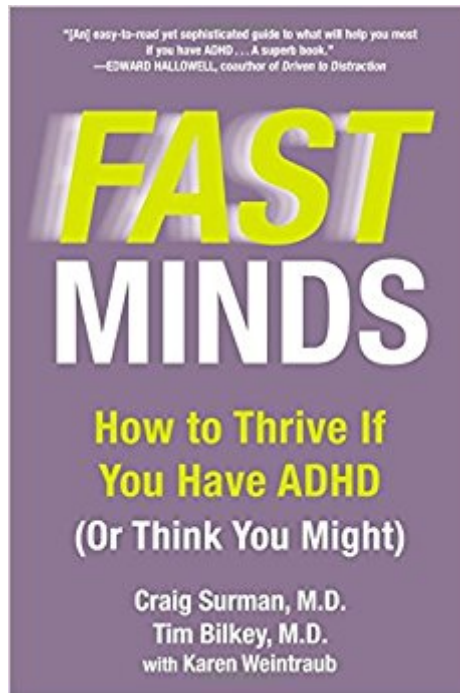


The book was found

Fast Minds: How To Thrive If You Have ADHD (Or Think You Might)



Synopsis

FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported.Â This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop personalized strategies to take control of your life. Forgetful. Achieving below potential. Stuck in a rut. Time challenged. Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered.Â If any or all of these symptoms are making it difficult for youâ or someone you knowâ to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges. Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, FAST MINDS will help you: Figure out what isnâ™t working in your life, and the keys to fixing it. Build personalized strategies for managing your time, tasks, and relationships. Learn organizational habits that work for you. Stop communicating poorly, making impulsive choices and taking pointless risks. Eliminate negative thinking patterns that waste your mental energy. Create environments that support your challenges. Make the most of both medical and nonmedical resources (medication, coaching, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change). With inspiring stories of real people who have adapted and thrived using the methods in this book, FAST MINDS will help you create the kind of life you want to live.

Book Information

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Customer Reviews

I was diagnosed several years ago with adult ADD/ADHD and tried various medications to help focus both my daily life and my life in general. The side effects of Adderall and similar drugs were not worth it. I live a fairly comfortable life, so although I could see the problems my "condition" caused, they weren't debilitating to the point of that they absolutely had to be dealt with. However, my life continues to be a mass of a thousand interests, hundreds of unfinished plans and projects, hyperfocusing on the distraction of the day while ignoring matters of import in my life, etcetera. In many ways, my life is passing me by while I live in a whirl of distractions and impulsive actions. I managed to acquire an advance copy of this book (I am a book dealer) and was just taken aback by what the title - an acronym - translates to: FAST: Forgetful. Achieving below potential. Stuck in a rut. Time challenged. MINDS: Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered. My reaction: "Wow, this is my life. Exactly. Every single letter." I vaguely remembered the symptoms of ADD/ADHD but it had been years since I had learned what they were. To see them in this way - your life described in an acronym - was, however, startling. The very fact that I read an entire 350-page book in the course of several days is actually the highest praise I can give (99% of books are never even half-finished in my world). The authors are engaging and you immediately know that THEY know what your life is like and the problems you have (as opposed to a dry 'How to fix your ADHD' textbook).

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