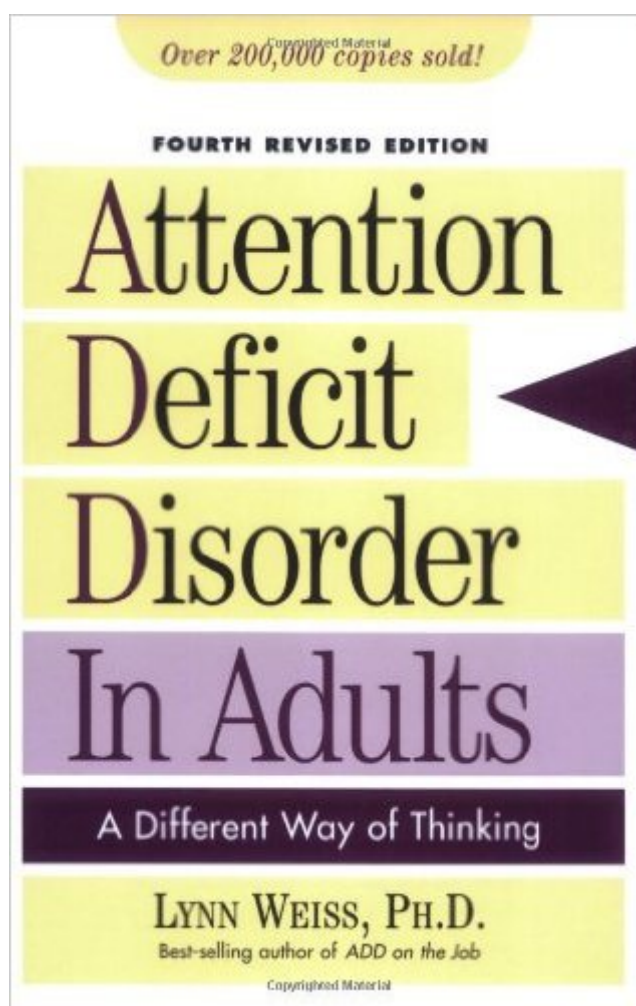


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# Attention Deficit Disorder In Adults: A Different Way Of Thinking



## Synopsis

ADD in Adults enjoys steady sales year after year. Since its last revision in 1997, dozens of new treatments and philosophies about ADD and ADHD have met with storms of controversy and great media attention. As we've seen her do time and again, Lynn Weiss cuts through the noise and gets down to the point in a human, caring, and professional way. People turn to the Weiss library for a breath of fresh air on the ADD turmoil. Is it an allergy? A chemical imbalance? A genetic thing? Lynn's answer: "Who cares?" The new edition not only touches on and dispels the most recent clinical findings, it also emphasizes the bigger perspective, focusing on the humanitarian, economic, empowerment, and diversity issues facing all of us on the ADD continuum today.

## Book Information

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## Customer Reviews

This book has been a great help to me. It puts forward a very enlightened view of ADD by referring to it as a "brain style." What does the author mean by that? Although this is not how Lynn Weiss puts it in her book, I think it sums up what she believes about the basic nature of ADD: Having ADD is like being born left handed in a world that does not understand or even recognize left handedness as a possibility. So ADD, like hand dominance, is simply a way of being. Unfortunately ADD has much greater consequence in our lives than being left handed, and to make things more difficult, it is much harder to see. Since ADD is not readily apparent, understood, or acknowledged in our society, people with it suffer greatly without fully understanding what is going on or realizing why they feel so bad/stupid/wrong/broken. I have known I am ADD for about 3 years, but even after consulting

several professional, I never got the useful sort of information and insights that I found in this book. Of great help has been the information on how ADD affects relationships and on how many of the pathologies associated with ADD develop not from ADD but rather from our frustrating interactions with a society/family that is functionally alien to us and indifferent/ignorant to our needs as well as our gifts. At the moment, I am in the process of divorce with a wonderful spouse who has simply run out of energy to deal with me and my ADD. I am pretty sure that if I had only found this book a year or so earlier, the insights on ADD and relationships would have helped us recognize that ADD was at the root of our difficulties, seek appropriate help, make accommodations or changes in our lives and, and preserve our marriage.

Sure, you have a choice, but Weiss makes it absolutely clear what choice she would have you chose. That is, to free yourself from the label of disorder, and from medication, to accept the gift of a non-linear "brain style" that you've been given, and to thrive with your new attitude. Anything less than that, and you can practically feel Weiss giving you sympathetic, condescending pats on the hand. Poor dear, you just haven't broken free of the disorder concept. Sure, ADD can have advantages. So can bipolar disorder. The link between heightened levels of creativity and several mental disorders has been made over and over again - should we encourage sufferers of bipolar disorder or schizophrenia to drop their meds and instead go on a campaign to educate the public about those diverse lines of thinking? Maybe what this author has experienced and is speaking to is what I'll call "ADD lite" - people that are maybe a little rowdy, have some trouble fitting in, but are basically good eggs that, with a little acceptance and structure, do just fine. I'm not a drug pusher. Just like not every sad person needs Prozac, and not every anxious person needs Valium, not every person with attention problems and a vivacious personality needs Ritalin. Therapy, coaching, structure works for some, maybe even many. But Weiss is minimizing the problem across the board, implying that there's nothing so wrong as the person's inability to accept themselves as different, not disordered. Find some friends who don't mind your messy house and a boss who values your enthusiasm, or else become self-employed, and you'll be fine. Here's a look at ADD this disorder, not the diverse brain-style: My mother procrastinates basic household maintenance to the point that her home is inhabitable.

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