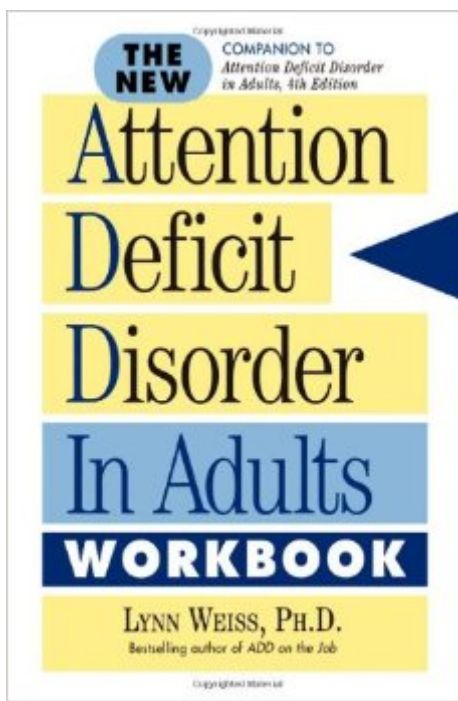


The book was found

# The New ADD In Adults Workbook



## Synopsis

Over 200,000 copies of Attention Deficit Disorder in Adults, 3rd edition, have been sold. 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. 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. The new edition not only touches on and dispels the most recent clinical findings, but it also emphasizes the bigger perspective, focusing on the empowerment and diversity issues facing all of us on the A.D.D. continuum today. It persuades readers to work through their challenges with practical, prescriptive exercises and insights, some of which can be found in the 4th edition, and continue in The New ADD in Adults Workbook.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #536,741 in Books (See Top 100 in Books) #49 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference](#) #515 in [Books > Self-Help > Time Management](#) #645 in [Books > Health, Fitness & Dieting > Reference](#)

## Customer Reviews

This book is uplifting. Rather than focusing on ADD as a deficit, Weiss addresses it as a difference with some great benefits. So many of the other books take a deficit medical model view. This one is different in a way that I have found much more useful. I especially like the parts of the book where she talks about ADD (rather than the exercises). I'd have given it five stars, but I did not find the exercises helpful, especially how they're laid out (too spread out and not condensed enough to make them easy to focus on). No matter what, the book is WELL worth it for how Weiss talks about ADD as a positive.

This is a book with helpful information. Whether the problem is actually ADD or anxiety or some

other issue, the solutions presented make sense. They are simple skills most of us could use whether we have ADD or not. Diagnosis should probably be left to a professional but the diagnostic information was helpful too.

I appreciate this workbook. It gives me something solid to work on in a focused manner. I have also learned so much as I move through the chapters and each issue that has been a life-long struggle. Highly recommend.

This workbook hones in on many of the issues that plague us, especially in the workplace. The fact that Dr. Weiss also wrote, "Add on the Job," is a clue as to the major focus of this workbook. Even for those of us who are retired it can be of great value. I have started working through it with my therapist and find it extremely helpful. I would, however, like to find a similar workbook less focused on the work place.

Have just begun to read and use Workbook, but can tell that it was written for people like (just a moment) me! I'll probably give it a 5 star (Wait a minute please) rating by the time I'm finished.  
Thanks Lynn Weiss

I found the book too difficult to follow. She has some great ideas, but needs a better way to present them to an audience that has difficulty staying focused.

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