

Driven To Distraction At Work How To Focus And Be More Productive

The Disorganized Mind Attention Deficit Disorder Days of Distraction Overcoming Distractions The Power of Agency 10-10-10 Driven to Distraction Your Brain at Work, Revised and Updated It Doesn't Have to Be Crazy at Work 8 Keys to Parenting Children with ADHD (8 Keys to Mental Health) Lifescale Work Without Walls Delivered from Distraction The Queen of Distraction Driver Distraction and Inattention Recognizing and Coping with Attention Deficit Disorder The Distracted Mind Driven to Distraction at Work Indistractable On the Clock Driven to Distraction Time, Talent, Energy Mastering Civility Answers to Distraction Driven to Distraction (Revised) Deep Work--Rules for Focused Success in a Distracted World Women with Attention Deficit Disorder Endangered Minds Global Business Driven to Distraction at Work Healing ADD Revised Edition Because I Come from a Crazy Family Counter Mentor Leadership The Yellow Bird Sings Married to Distraction Survival Tips for Women with AD/HD Driven to Distraction at Work Driven to Distraction ADHD 2.0 You Mean I'm Not Lazy, Stupid or Crazy?!

The Disorganized Mind

Are you driven to distraction at work? Bestselling author Edward M. Hallowell, MD, the world's leading expert on ADD and ADHD, has set his sights on a new goal: helping people feel more in control and productive at work. You know the feeling: you can't focus; you feel increasingly overwhelmed by a mix of nonstop demands and technology that seems to be moving at the speed of light; and you're frustrated just trying to get everything done well—and on time. Not only is this taking a toll on performance, it's impacting your sense of well-being outside the office. It's time to reclaim control. Dr. Hallowell now identifies the underlying reasons why people lose their ability to focus at work. He explains why commonly offered solutions like "learn to manage your time better" or "make a to-do list" don't work because they ignore the deeper issues that are the true causes of mental distraction. Based on his years of helping clients develop constructive ways to deal with distraction, Dr. Hallowell provides a set of practical and reliable techniques to show how to sustain a productive mental state. In Part 1 of the book, he identifies the six most common ways people lose the ability to focus at work—what he calls "screen sucking" (internet/social media addiction), multitasking, idea hopping (never finishing what you start), worrying, playing the hero, and dropping the ball—and he explains the underlying psychological and emotional dynamics driving each behavior. Part 2 of the book provides advice for "training" your attention overall, so that you are less susceptible to surrendering it, in any situation. The result is a book that will empower you to combat each one of these common syndromes—and clear a path for you to achieve your highest personal and professional goals.

Attention Deficit Disorder

In the wake of the Brexit vote and the election of Donald Trump, globalization has found itself increasingly under the microscope. An active international discussion is underway, and the ideological viewpoint that the reversal of globalization and a return to protectionism and isolation will cure the world's ills is touted by many. In the midst of the growing prominence of international interconnectivity and contradicting attention attained by skewed misinformation about global impact, *Global Business* is a straightforward commentary on mega trends in globalization. With insights and observations from academics, practitioners, and practical thinkers from around the world *Global Business* demystifies the economic, social, and cultural impacts of globalism and globalization, and presents a balanced explanation of what is happening and how it affects everyone. It highlights that technology and change are not new, and explores the path taken to reach our current interconnected global state. It encourages a realistic examination of where we are and invites a dialogue on where we can go together.

Days of Distraction

The book that answers your questions about ADD—now revised and updated The bestselling authors of *Driven to Distraction* respond to the most frequently asked questions about Attention Deficit Disorder. After decades of being unfairly diagnosed, children and adults with attention deficit disorder are now recognized as having a common and treatable neurological condition. Drs. Hallowell and Ratey answer the questions most frequently asked at their nationwide workshops and seminars, resulting in an easy-to-read reference that covers every aspect of the disorder: from identifying symptoms and diagnosis, to the latest treatment options, as well as practical day-to-day advice on how you or a loved one can live a normal life with ADD. Whether you are a patient, parent, teacher, or health-care professional, *Answers to Distraction* will help those whose ADD has caused persistent problems in school, at work, and in relationships. Q&As include: • What is the single most important scientific finding about ADD in the last decade? • How early can ADD be diagnosed? • Where can a parent get support for dealing with a child who has ADD? • What advances in the field of medication have taken place since the original version of this book was published? • How can you help someone of any age who resists the diagnosis of ADD get comfortable with it?

Overcoming Distractions

Identifying the underlying reasons why people really lose their ability to focus at work and drawing on case studies, a leading authority on ADD and ADHD presents a set of reliable techniques that will help anyone regain control of their attention and most productive mental state in the workplace. By the best-selling author of *Driven to Distraction*. 25,000 first printing.

The Power of Agency

“Startlingly original and deeply moving. Chang here establishes herself as one of the most important of the new generation of American writers.” — George Saunders A Most Anticipated Book of the Year from BuzzFeed, Electric Literature, and The Millions A wry, tender portrait of a young woman—finally free to decide her own path, but unsure if she knows herself well enough to choose wisely—from a captivating new literary voice The plan is to leave. As for how, when, to where, and even why—she doesn’t know yet. So begins a journey for the twenty-four-year-old narrator of Days of Distraction. As a staff writer at a prestigious tech publication, she reports on the achievements of smug Silicon Valley billionaires and start-up bros while her own request for a raise gets bumped from manager to manager. And when her longtime boyfriend, J, decides to move to a quiet upstate New York town for grad school, she sees an excuse to cut and run. Moving is supposed to be a grand gesture of her commitment to J and a way to reshape her sense of self. But in the process, she finds herself facing misgivings about her role in an interracial relationship. Captivated by the stories of her ancestors and other Asian Americans in history, she must confront a question at the core of her identity: What does it mean to exist in a society that does not notice or understand you? Equal parts tender and humorous, and told in spare but powerful prose, Days of Distraction is an offbeat coming-of-adulthood tale, a touching family story, and a razor-sharp appraisal of our times.

10-10-10

This book is the result of over twenty-five years of combined experience from Kelly and Robby Riggs—dynamic, occasionally irreverent, always insightful, father (Boomer) and son (Millennial), who work with organizations grappling daily with multi-generational conflict. Through their collaboration, Kelly and Robby share their very different perspectives on the same problems most companies are STILL dealing with, but haven't had the courage or the tools, to address. Issues such as: a shocking lack of leadership skills; the culture-killing generational divide that is demolishing many companies; and the stunning, often unrecognized impact of technology on the workplace. In their "shamelessly funny, brilliantly written" debut book, Kelly and Robby will:

- Discuss today's workplace dynamics, including the changes in communication modes, the influx of technology, and the impact of Millennials and Digital Natives
- Explain how a one-sided approach to leadership focused on "managing" Millennials is grossly insufficient, resulting in an inability to attract and retain critical young talent
- Explore the new challenges of leadership inherent with the explosion of technology—time compression, distractions, complexity and the pace of change
- Reveal how old leadership challenges persist, and explore how the younger generation will expose those challenges more than ever
- Detail the CounterMentor leadership model and prescribe specific tactics and techniques for addressing both old and new leadership issues

Driven to Distraction

Identifying the underlying reasons why people really lose their ability to focus at work and drawing on case studies, a leading authority on ADD and ADHD presents a set of reliable techniques that will help anyone regain control of their attention and most productive mental state in the workplace. By the best-selling author of *Driven to Distraction*. 25,000 first printing.

Your Brain at Work, Revised and Updated

Recognizing and Coping with Attention Deficit Disorder By Edward M. Hallowell M.

It Doesn't Have to Be Crazy at Work

It is estimated that, in the United States, around 20 percent of all Police-reported road crashes involve driver distraction as a contributing factor. This figure increases if other forms of inattention are considered. Evidence (reviewed in this volume) suggests that the situation is similar in other countries and that driver distraction and inattention are even more dangerous as contributing factors in crashes than drug and alcohol intoxication. Having a solid evidence-base from which to develop injury countermeasures is a cornerstone of road-safety management. This book adds to the accumulating evidence-base on driver distraction and inattention. With 24 chapters by 52 authors from more than 10 countries, it provides important new perspectives on the definition and meaning of driver distraction and inattention, the mechanisms that characterize them, the measurement of their effects, strategies for mitigating their effects, and recommendations for further research. The goal of this book is to inspire further research and countermeasure development to prevent and mitigate the potentially adverse effects of driver distraction and driver inattention, and, in doing so, to save lives.

8 Keys to Parenting Children with ADHD (8 Keys to Mental Health)

A revolutionary new approach to ADD/ADHD featuring cutting-edge research and strategies to help readers thrive, by the bestselling authors of the seminal books *Driven to Distraction* and *Delivered from Distraction* “An inspired road map for living with a distractible brain . . . If you or your child suffer from ADHD, this book should be on your shelf. It will give you courage and hope.”—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally “wrote the book” on ADD/ADHD more than two decades ago. Their bestseller, *Driven to Distraction*, largely introduced this diagnosis to the public and sold more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments,

including innovations that give a clearer understanding of the ADHD brain in action. In ADHD 2.0, Drs. Hallowell and Ratey, both of whom have this “variable attention trait,” draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with ADHD, including

- Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual’s unique strengths.
- Reimagine environment. What specific elements to look for—at home, at school, or in the workplace—to enhance the creativity and entrepreneurial spirit inherent in the ADHD mind.
- Embrace innate neurological tendencies. Take advantage of new findings about the brain’s default mode network and cerebellum, which confer major benefits for people with ADHD.
- Tap into the healing power of connection. Tips for establishing and maintaining positive connection “the other Vitamin C” and the best antidote to the negativity that plagues so many people with ADHD.
- Consider medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, ADHD 2.0 will help you tap into the power of this mercurial condition and find the key that unlocks potential.

Lifescale

Are you more distant from your spouse than you'd like to be? Do you sometimes get into big struggles over what amount to mere administrative details? Do you or your spouse waste time “screensucking”—mindlessly viewing email or surfing the Web? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, and interrupted moments. Now Edward M. Hallowell, the bestselling co-author of the hugely popular *Driven to Distraction* and *Delivered from Distraction*, teams up with his wife, Sue George Hallowell, a couples' therapist, to explain the subtle but dangerous toll today's overstretched, undernurtured lifestyle takes on our most intimate relationship. The good news is that there are straightforward and effective ways to maneuver your marriage out of the destructive roadblocks created by the avalanche of busy living. Just thirty minutes of effort a day for thirty days can restore and repair communication and connection, resurrect long-buried happiness and romance, and strengthen—even save—a marriage. We deal with overload by tuning it out, but the repercussions on couples and commitment are serious. Without attention, there is no intimacy. And without intimacy, there is no connection. So how do couples find their way back?

- Observe the natural sequence of sustaining love: attention, time, connection, and play.
- Develop and nurture empathy—the essential building block to healthy communication.
- Carve out small moments of uninterrupted attention for each other.
- Identify the pressures that our crazybusy lifestyles put on love and marriage, and fight back with tenderness and appreciation.

All of us who have been part of a couple for more than a few years will recognize ourselves in this reassuring book. Complete with scripts, tips, specific communication and interaction techniques, and a detailed 30-day reconnection plan, as well as inspiring real-life stories from relationships that were brought back from the brink, *Married to Distraction* will set couples on a course of understanding, healing, and love. From the Hardcover

edition.

Work Without Walls

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.

Delivered from Distraction

Discusses the symptoms, causes, treatments, and therapies for individuals with attention deficit disorder.

The Queen of Distraction

Is today's fast-paced media culture creating a toxic environment for our children's brains? In this landmark, bestselling assessment tracing the roots of America's escalating crisis in education, Jane M. Healy, Ph.D., examines how television, video games, and other components of popular culture compromise our children's ability to concentrate and to absorb and analyze information. Drawing on neuropsychological research and an analysis of current educational practices, Healy presents in clear, understandable language: -- How growing brains are physically shaped by experience -- Why television programs -- even supposedly educational shows like *Sesame Street* -- develop "habits of mind" that place children at a disadvantage in school -- Why increasing numbers of children are diagnosed with attention deficit disorder -- How parents and teachers can make a critical difference by making children good learners from the day they are born

Driver Distraction and Inattention

An updated edition of the classic self-help book for people with Attention Deficit Disorder! With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference—the first of its kind written for adults with ADD by adults with ADD—focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: -The new medications and their effectiveness -The effects of ADD on human sexuality -The differences between male and female ADD—including falling estrogen levels and its impact on cognitive function -The power of meditation -How to move forward with coaching And the book still includes advice about: -Achieving balance by analyzing one's strengths and weaknesses -Getting along in groups, at work and in intimate and family relationships—including how to decrease discord and chaos -Learning the mechanics and methods for getting organized and improving memory -Seeking professional help, including therapy and medication

Recognizing and Coping with Attention Deficit Disorder

From the leading authority on workplace incivility, Christine Porath, shows why it pays to be civil, and reveals just how to enhance effectiveness in the workplace and beyond by mastering civility. Incivility is silently chipping away at people, organizations, and our economy. Sights, insensitivities, and rude behaviors can cut deeply and hijack focus. Even if people want to perform well, they can't. Ultimately incivility cuts the bottom line. In *MASTERING CIVILITY*, Christine Porath shows how people can enhance their influence and effectiveness with civility. Combining scientific research with fascinating evidence from popular culture and fields such as neuroscience, medicine, and psychology, this book provides managers and employers with a much-needed wake-up call, while also reminding them of what they can do right now to improve the quality of their workplaces.

The Distracted Mind

Offers leaders a blueprint to address the entire productivity culture of an organization to improve overall effectiveness.

Driven to Distraction at Work

Managing Your Scarcest Resources Business leaders know that the key to competitive success is smart management of

scarce resources. That's why companies allocate their financial capital so carefully. But capital today is cheap and abundant, no longer a source of advantage. The truly scarce resources now are the time, the talent, and the energy of the people in your organization--resources that are too often squandered. There's plenty of advice about how to manage them, but most of it focuses on individual actions. What's really needed are organizational solutions that can unleash a company's full productive power and enable it to outpace competitors. Building off of the popular Harvard Business Review article "Your Scarcest Resource," Michael Mankins and Eric Garton, Bain & Company experts in organizational design and effectiveness, present new research into how you can liberate people's time, talent, and energy and unleash your organization's productive power. They identify the specific causes of organizational drag--the collection of institutional factors that slow things down, decrease output, and drain people's energy--and then offer a pragmatic framework for how managers can overcome it. With practical advice for using the framework and in-depth examples of how the best companies manage their people's time, talent, and energy with as much discipline as they do their financial capital, this book shows managers how to create a virtuous circle of high performance.

Indistractable

From the bestselling author of the classic book on ADD, *Driven to Distraction*, a memoir of the strange upbringing that shaped Dr. Edward M. Hallowell's celebrated career. When Edward M. Hallowell was eleven, a voice out of nowhere told him he should become a psychiatrist. A mental health professional of the time would have called this psychosis. But young Edward (Ned) took it in stride, despite not quite knowing what "psychiatrist" meant. With a psychotic father, alcoholic mother, abusive stepfather, and two so-called learning disabilities of his own, Ned was accustomed to unpredictable behavior from those around him, and to a mind he felt he couldn't always control. The voice turned out to be right. Now, decades later, Hallowell is a leading expert on attention disorders and the author of twenty books, including *Driven to Distraction*, the work that introduced ADD to the world. In *Because I Come from a Crazy Family*, he tells the often strange story of a childhood marked by what he calls the "WASP triad" of alcoholism, mental illness, and politeness, and explores the wild wish, surging beneath his incredible ambition, that he could have saved his own family of drunk, crazy, and well-intentioned eccentrics, and himself. *Because I Come from a Crazy Family* is an affecting, at times harrowing, ultimately moving memoir about crazy families and where they can lead, about being called to the mental health profession, and about the unending joys and challenges that come with helping people celebrate who they are. A portion of the author's proceeds of this book will go to NAMI (National Alliance on Mental Illness).

On the Clock

An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the

Week at 800-CEO-READ One of the most valuable skills in our economy is becoming increasingly rare. If you master this skill, you'll achieve extraordinary results. Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In DEEP WORK, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. A mix of cultural criticism and actionable advice, DEEP WORK takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. DEEP WORK is an indispensable guide to anyone seeking focused success in a distracted world.

Driven to Distraction

Gazzaley and Rosen offer practical strategies, backed by science, to fight distraction. We can change our brains with meditation, video games, and physical exercise; we can change our behavior by planning our accessibility and recognizing our anxiety about being out of touch even briefly.

Time, Talent, Energy

Compassionate and effective strategies for raising a child with ADHD. Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent, and capable. This book, rich with optimism, tips, tools, and action plans, offers science-based insights and systems for parents to help cultivate these skills. Combining expert information with practical, sensitive advice, the eight “key” concepts here will help parents reduce chaos, improve cooperation, and nurture the advantages—like creativity and drive—that often accompany all of that energy. Based on author Cindy Goldrich’s seven-session workshop entitled Calm and Connected: Parenting Kids with ADHD©, this book focuses on developing and strengthening effective interpersonal skills in both parents and children as a way to improve conflict resolution. Following the parenting principle to “Parent the

child you have," Goldrich offers advice to help readers tailor their parenting to meet the needs of their unique child. The book also leads parents to recognize the value of being a leader and a guide to children, building parents' confidence in their decision-making, and giving children a sense of safety, security, and confidence. The principles outlined in 8 Keys to Parenting Children with ADHD are appropriate for parenting kids of all ages—until they have “launched” and are on their own.

Mastering Civility

Women with Attention Deficit Disorder, psychotherapist Sari Solden's, groundbreaking book, explains how every year, millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don't fit the stereotypical profile: they're not fast-talking, hyperactive, or inattentive, and they are not male. This pioneering book explores treatment and counseling options, and uses real-life case histories to examine the special challenges women with AD/HD face, such as the shame of not fulfilling societal expectations. Solden explains that AD/HD affects just as many women as men, and often results in depression, disorganization, anxiety, and underachievement. Included in this revised edition is a brand new chapter on friendship challenges for women with AD/HD. Three empowering steps -- restructuring one's life, renegotiating relationships, and redefining self-image -- help women take control of their lives and enjoy success on their own terms. "Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives." (Kate Kelly and Peggy Ramundo, authors of *You Mean I'm Not Lazy, Stupid, or Crazy*)

Answers to Distraction

"Nickel and Dimed for the Amazon age," (Salon) the bitingly funny, eye-opening story of finding work in the automated and time-starved world of hourly low-wage labor After the local newspaper where she worked as a reporter closed, Emily Guendelsberger took a pre-Christmas job at an Amazon fulfillment center outside Louisville, Kentucky. There, the vending machines were stocked with painkillers, and the staff turnover was dizzying. In the new year, she travelled to North Carolina to work at a call center, a place where even bathroom breaks were timed to the second. And finally, Guendelsberger was hired at a San Francisco McDonald's, narrowly escaping revenge-seeking customers who pelted her with condiments. Across three jobs, and in three different parts of the country, Guendelsberger directly took part in the revolution changing the U.S. workplace. Offering an up-close portrait of America's actual "essential workers," *On the Clock* examines the broken social safety net as well as an economy that has purposely had all the slack drained out and converted to profit. Until robots pack boxes, resolve billing issues, and make fast food, human beings supervised by AI will continue to get the job done.

Guendelsberger shows us how workers went from being the most expensive element of production to the cheapest - and how low wage jobs have been remade to serve the ideals of efficiency, at the cost of humanity. On the Clock explores the lengths that half of Americans will go to in order to make a living, offering not only a better understanding of the modern workplace, but also surprising solutions to make work more humane for millions of Americans.

Driven to Distraction (Revised)

THE NEW YORK TIMES BESTSELLER All-New Revised Edition Attention deficit disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain imaging study ever completed on patients with ADD, to identify, examine, and demystify the 7 distinct types of ADD and their specific treatments. With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, why, and more importantly how to heal ADD. From the Trade Paperback edition.

Deep Work--Rules for Focused Success in a Distracted World

"If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*."—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder—all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, "attention deficit disorder" is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment regime. Inside you'll

discover • whether ADD runs in families • new diagnostic procedures, tests, and evaluations • the links between ADD and other conditions • how people with ADD can free up their inner talents and strengths • the new drugs and how they work, and why they're not for everyone • exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle • how to adapt the classic twelve-step program to treat ADD • sexual problems associated with ADD and how to resolve them • strategies for dealing with procrastination, clutter, and chronic forgetfulness ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read. Praise for *Delivered from Distraction* "The definitive source of information on attention deficit disorder."—Harold S. Koplewicz, M.D., director, Child Study Center, New York University School of Medicine "A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy."—Perri Klass, M.D., co-author of *Quirky Kids*

Women with Attention Deficit Disorder

A complete manual for those tormented by the linear nature of daily chores features a design created to accommodate those who have difficulty reading a book cover to cover, with easy-to-use flaps offering instant access to needed sections. Original.

Endangered Minds

Jeremy Clarkson is once more Driven to Distraction. Brace yourself. Clarkson's back. And he'd like to tell you what he thinks about some of the most awe-inspiring, earth-shatteringly fast and jaw-droppingly cool cars in the world (oh, and a few irredeemable disasters). Or he would if he could just get one or two things off his chest first. Matters such as: * The prospect of having Terry Wogan as president * Why you'll never see a woman driving a Lexus * The unforeseen consequences of inadequate birth control * Why everyone should spend a weekend with a digger *Driven to Distraction* is Jeremy Clarkson at full throttle. So buckle up, sit tight and enjoy the ride. You're in for a hell of a lot of laughs. Praise for Jeremy Clarkson: 'Brilliant . . . laugh-out-loud' *Daily Telegraph* 'Outrageously funny . . . will have you in stitches' *Time Out* 'Very funny . . . I cracked up laughing on the tube' *Evening Standard*

Global Business

Introducing *The Power of Agency*, a science-backed approach to living life on your own terms. Agency is the ability to act as an effective agent for yourself—reflecting, making creative choices, and constructing a meaningful life. Grounded in

extensive psychological research, *The Power of Agency* gives you the tools to help alleviate anxiety, manage competing demands and help you live your version of success. Renowned psychology experts Paul Napper and Anthony Rao will help you break through your state of overwhelm by showing you how to access your personal agency with seven empowering principles: control stimuli, associate selectively, move, position yourself as a learner, manage your emotions and beliefs, check your intuition, deliberate and then act. Featuring stories of people who have successfully applied these principles to improve their lives, *The Power of Agency* will give you the insights and skills to build your confidence, conquer challenges, and live more authentically.

Driven to Distraction at Work

A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday—revealing how a more nuanced understanding of the brain can allow us to better organize, prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients' offices as an independent IT consultant. Their days are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and accomplished at the end of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it's so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people's behavior and much more.

Healing ADD Revised Edition

"Rosner's exquisite, heart-rending debut novel is proof that there's always going to be room for another story about World War II. This is an absolutely beautiful and necessary novel, full of heartbreak but also hope, about the bond between mother and daughter, and the sacrifices made for love." —The New York Times In Poland, as World War II rages, a mother hides with her young daughter, a musical prodigy whose slightest sound may cost them their lives. As Nazi soldiers round up the

Jews in their town, Róza and her 5-year-old daughter, Shira, flee, seeking shelter in a neighbor's barn. Hidden in the hayloft day and night, Shira struggles to stay still and quiet, as music pulses through her and the farmyard outside beckons. To soothe her daughter and pass the time, Róza tells her a story about a girl in an enchanted garden: The girl is forbidden from making a sound, so the yellow bird sings. He sings whatever the girl composes in her head: high-pitched trills of piccolo; low-throated growls of contrabassoon. Music helps the flowers bloom. In this make-believe world, Róza can shield Shira from the horrors that surround them. But the day comes when their haven is no longer safe, and Róza must make an impossible choice: whether to keep Shira by her side or give her the chance to survive apart. Inspired by the true stories of Jewish children hidden during World War II, Jennifer Rosner's debut is a breathtaking novel about the unbreakable bond between a mother and a daughter. Beautiful and riveting, *The Yellow Bird Sings* is a testament to the triumph of hope—a whispered story, a bird's song—in even the darkest of times.

Because I Come from a Crazy Family

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be The Queen of Distraction. And whether or not you've been formally diagnosed with attention deficit/hyperactivity disorder (ADHD), you probably already know that something's got to give. The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD—the elements of this condition that are particular to women, such as: relationships, skin sensitivities, meal-planning, parenting, and dealing with out-of-control hormones. In addition, the book offers helpful tips and strategies to get your symptoms under control, and outlines a number of effective treatment options for you to pursue. From getting dressed in the morning, to making it to a job interview, to planning dinner—sometimes just getting through the day can be an ordeal for a woman with ADHD. If you've been accused of getting lost in your own world, maybe it's time to make a change. If you're ready to start getting organized and stop leaving your groceries in the car, this book can help. It's more than just a survival guide; it's an ADHD how-to to help you thrive!

Counter Mentor Leadership

Somewhere along the way, we got distracted. As much as we multitask, love our devices and feel like we're in control, deep down we know that something is off. Shortened attention spans, declines in critical thinking, lack of sleep, self-doubt and decreased creativity are just some of the effects coming to light in an age of digital distraction. It's time to reclaim our lives. It's time to take control. Lifescale is a journey of self-discovery and growth. It's about getting back into balance and remastering our destinies. Author Brian Solis knows first-hand. He struggled with distraction and all of its ill-effects. To get

his life back, he developed a set of techniques, exercises, and thought experiments designed to tame the chaos, and positively and productively navigate our day-to-day lives. Instead of falling victim to the never-ending cycle of newsfeeds, Likes, addictive apps, and boredom scrolling (aka the endless scroll), we can learn to manage our time and inspire our own lives in a way that will bring meaning back—without sacrificing the benefits that our devices bring us. In *Lifescale*, Brian has done the legwork to pull together scientific findings and practical tools into one book. Readers—especially those who are distracted—will connect with the humor, pathos, and inspiration inside. Using this book’s simple but powerful lessons, we can:

- Identify sources of distraction and turn attention toward creativity and productivity
- Understand and resist the manipulative techniques that turn us into digital addicts
- Find meaning and purpose to guide our time in more meaningful ways
- Visualize future success to successfully dive into deep work and stop procrastinating
- Break bad habits, establish rituals, and establish routines that help you achieve goals
- Nurture imagination and learn to express ourselves more artistically
- Maximize productivity with simple but effective strategies
- Focus for extended periods and make breaks more restorative
- Foster a strong sense of purpose in life and identify the steps needed to bring it to life every day
- Smile more and build self-esteem

With the renewed perspective *Lifescale* offers, we can finally learn to prioritize what matters, and live our digital and physical lives with intention and true happiness.

The Yellow Bird Sings

When desire gets this hot, you’d better buckle up... Mary Daniels doesn’t let anything get in the way of her job acquiring rare artifacts for her wealthy boss. But this particular obstacle—huge, hard-muscled, unashamedly masculine—is impossible to ignore. Stuck in a cramped car with Brodie Crews for hours en route to their new assignment, Mary feels her carefully crafted persona—and her trademark self-control—is slipping, and she won’t allow it. Brodie can’t imagine what secret in Mary’s past has left her so buttoned-up, though he’d dearly love to find out. Maybe then she’d trust him enough to explore their explosive chemistry. But he needs this job, so he’ll play by her rules and bide his time...until an enemy determined to outwit them strikes and he needs to get close—in every way—to protect her. Otherwise they could lose much more than a precious collectible. They could lose it all.

Married to Distraction

Today, the world offers us more options than ever before, but it also forces us to juggle more priorities, to make more choices, and to make them faster. The result: a crisis of doing too much, or not enough, and making our decisions based on impulse, stress or guilt. In *10-10-10* Suzy Welch offers an exciting, effective strategy that will help you make the right decision in any situation, at work or at home; with colleagues, family or friends. The rule is deceptively simple: when faced with a decision, consider what the consequences and outcomes of your various options would be in 10 minutes, 10 months,

and 10 years. But the results are extraordinary. Using the framework of 10-10-10 will allow you to think through your decisions and to match them with the expectations and values you hold dearest. Most importantly, it allows you to chart a path in the direction you want, and to head confidently towards it with focus, balance, and joy.

Survival Tips for Women with AD/HD

In this timely manifesto, the authors of the New York Times bestseller *Rework* broadly reject the prevailing notion that long hours, aggressive hustle, and "whatever it takes" are required to run a successful business today. In *Rework*, Jason Fried and David Heinemeier Hansson introduced a new path to working effectively. Now, they build on their message with a bold, iconoclastic strategy for creating the ideal company culture—what they call "the calm company." Their approach directly attacks the chaos, anxiety, and stress that plagues millions of workplaces and hampers billions of workers every day. Long hours, an excessive workload, and a lack of sleep have become a badge of honor for modern professionals. But it should be a mark of stupidity, the authors argue. Sadly, this isn't just a problem for large organizations—individuals, contractors, and solopreneurs are burning themselves out the same way. The answer to better productivity isn't more hours—it's less waste and fewer things that induce distraction and persistent stress. It's time to stop celebrating Crazy, and start celebrating Calm, Fried and Hansson assert. Fried and Hansson have the proof to back up their argument. "Calm" has been the cornerstone of their company's culture since Basecamp began twenty years ago. Destined to become the management guide for the next generation, *It Doesn't Have to Be Crazy at Work* is a practical and inspiring distillation of their insights and experiences. It isn't a book telling you what to do. It's a book showing you what they've done—and how any manager or executive no matter the industry or size of the company, can do it too.

Driven to Distraction at Work

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of *Atomic Habits* "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of *The Righteous Mind* You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused and overcome distractions? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote *Silicon Valley's* handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology

driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. Indistractable reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it What really drives human behavior and why “time management is pain management” Why your relationships (and your sex life) depend on you becoming indistractable How to raise indistractable children in an increasingly distracting world Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention—helping you live the life you really want.

Driven to Distraction

Groundbreaking and comprehensive, Driven to Distraction has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder”—including high energy, intuitiveness, creativity, and enthusiasm.

ADHD 2.0

Covers the symptoms of, and treatment for this distressing disorder which undermines children's performance at school and persists into adulthood.

You Mean I'm Not Lazy, Stupid or Crazy?!

What happens when children with Attention Deficit Disorder grow up and enter the professional world? And how can newly diagnosed adults meet the challenges of the workplace? David Greenwood, an ADD sufferer and successful PR consultant, helps those who want to thrive with ADD or ADHD not just survive! He identifies the features of Attention Deficit Disorder and how they affect life in the office, and explains how to tailor a career to minimize the effects of those symptoms. Greenwood also shows how to leverage the "positive" characteristics of ADD, such as hyper-focusing and creativity, to achieve professional success. Through case studies, testimonials from ADD/ADHD specialists, and numerous action plans, you'll see how to make Attention Deficit Disorder work for you."

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