



Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood

Edward M. Hallowell M.D., John J. Ratey

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THE NATIONAL AUDIO BESTSELLER

Procrastination. Disorganization. Distractibility. Millions of adults have long considered these the hallmarks of a lack of self-discipline. But for many, these and other problems in school, at work and in social relationships are actually symptoms of an inborn neurological problem: ADD, or Attention Deficit Disorder. Through vivid stories of the experiences of their patients -- both adults and children -- Dr. Edward R. Hallowell and Dr. John J. Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.

Driven to Distraction is a must listen for everyone intrigued by the workings of the human mind.

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