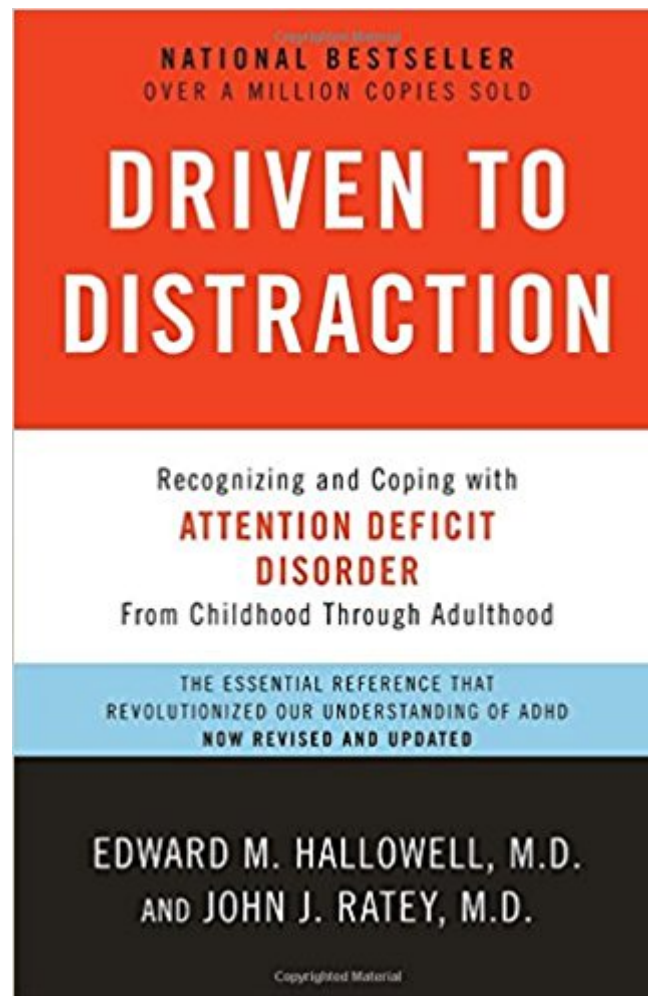




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# Driven To Distraction (Revised): Recognizing And Coping With Attention Deficit Disorder



## Synopsis

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.

## Book Information

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## Customer Reviews

“A very readable, highly informative and helpful book.” —The New York Times Book Review  
“Conversational in tone, encyclopedic in content, and, best of all, utterly convincing because of its grounding in clinical experience, *Driven to Distraction* should make Attention Deficit Disorder comprehensible even to the most distractible reader.” —Peter D. Kramer, M.D., author of *Listening to Prozac*  
“This is an important and much-needed book! Wise, practical, and reassuring.” —Jane M. Healy, Ph.D., author of *Endangered Minds* and *Different Learners*  
“The first comprehensive book on the subject for the lay reader.” —The Boston Globe

Edward M. Hallowell, M.D., is in private practice in adult and child psychiatry and has offices in both the Boston area and New York City. He lives with his wife, Sue, and children, Lucy, Jack, and Tucker.Â Â John J. Ratey, M.D. is a Clinical Associate Professor of Psychiatry at Harvard Medical School and is in private practice. He lives in the Boston area.Â

Do not buy the "updated and revised version" "Â Â" buy the cheaper version from 1994 (if you want this book). I was shocked to find that aside from the 8-page introduction, next to nothing has been changed from the 1994 version. Despite calling the disorder ADHD in the intro, he calls it ADD throughout the rest of the book. Despite saying that ADHD affects men and women in equal numbers in the intro, soon after in the book he says that it affects men three times more than women. The research he describes is largely from the early nineties or before, despite the explosion of new ADHD research findings in the past 22 years (although there is updated medication information). This makes me angry because the author's grab for money in releasing an "updated" version of a book about a disorder that is hardly updated at all is unacceptable and negligent. Clinicians and patients will read this inaccurate/unupdated information and not deliver or receive the best treatment they could potentially have. Dr. Hallowell stresses in his book how dramatically the disorder can negatively affect one's life and how important treatment is "Â Â" yet he presents vastly outdated information and pretends it's new, doing a great disservice to ADHD sufferers like myself who want to heal.

I love the book - it has something of everything, from clinical vignettes to the how-tos. This is not my first book on ADHD, of course, I diagnosed myself while studying in university (and suffering badly - I still have the scars to prove it) via "You Mean I'm Not Crazy, Stupid or Lazy?!" by Kelly & Ramundo. Also recommended reading. Dr Hallowell's book is well balanced, whether you're talking about treatment or diagnosis, and his expertise as a mental health professional shines through, without losing the human touch. One can laugh and cry while reading the brief histories of the cases he has seen. I recognise myself in many of his stories. The book kept me sane when I had to finish a 25,000 words final project for my graduate studies (in the mental health field, if you must know). My only grouse is that I didn't know there was a revised version published in 2011. I haven't read the revised version, so this is a conjecture, but brain science has evolved a lot in the past 10-15 years, so I suspect there will be a lot more of this area covered in the new version. I wish would give a heads-up when there are revised versions of books.

I've always thought there was something weird with how my attention worked, so I thought I'd read up a bit on ADHD. I think this book was quite good at explaining the essential about this condition - at least, the current understanding of it, which feels a bit spotty - I guess most conditions or diseases have taken a while until they were fully understood, and with ADHD it doesn't look as if we're there yet - the chapter about the biology of the condition made that quite clear. I thought the case studies were helpful, because you could glimpse multiple manifestations of it in other people, and also, I think there were quite a few constructive ideas about organizing one's life, some of which I'd already used. I'm aware that the ADD/ADHD subject is somewhat controversial, probably also because of the whole healthcare-as-a-business model, but I didn't find this book particularly adamant at "selling" the medication part. The authors outline many cases of people that were much better after treatment, but I find they emphasize the coaching / therapy part rather than medication as the most important thing; of course, therapy is also a business, but maybe with less side effects. I think they do underestimate the medication side effects a tad (though they do mention sleeplessness and loss of appetite as the main ones), and they mention names like Prozac, Zoloft etc much too lightly - as far as I know, these aren't pills like Aspirin or Paracetamol (disclaimer: I've never taken anti-depressants). On the other hand, they say it quite clearly that it's OK to refuse to take medication if you're uncomfortable with that, and also that there are people who don't respond to medication. The book has a chapter about diagnosing ADHD (of course, you shouldn't diagnose yourself, though), and it feels that they're quite conservative in diagnosis, first trying to eliminate other probable causes for the patient's symptoms. It's good to keep that in mind. At least for me it was useful to also read a bit of articles from the other side of the controversy - people saying ADHD is oversold and medication is given to way too many people; as far as I know, there are also people who doubt the condition is real even. I think it helps to get a broader perspective. I found some parts of the book a tad boring, maybe the family case study was a bit too detailed; but hey, maybe it was the authors' ADHD at work :).

This is "THE classic go-to book, the one that started it all. Dr. Hallowell broke new ground with this book & helped to educate all the other MD's regarding/ understanding ADD/ ADHD.

Real answers, research, and guidance for adults with ADD or AD/HD or those who live with or parent someone with it. I buy this book for anyone who is diagnosed. I made my significant other read it. It helps you put together many idiosyncrasies you may have put yourself down for and see that they are facets of this disorder, and you're not a failure. I like to recommend people watch "ADD

and Loving it," the documentary from PBS right before reading this (you can actually rent it on ). It starts the wheels turning, and gets you ready for the answers this book has. I can't recommend it enough!

Necessary reading for anyone who has a family member or friend non-compliant who has ADHD

I am an adult with ADHD. My wife is undiagnosed as are both my children. My son is two and my Daughter is five. I purchased this book because I have read it in the past and I knew it would be a great way to introduce her to the way I think. She is currently reading it and we have already made improvements with my daughters organization and ability to make decisions. I highly recommend this book to people who need to understand their children or spouses. The family chapter is dead on.

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