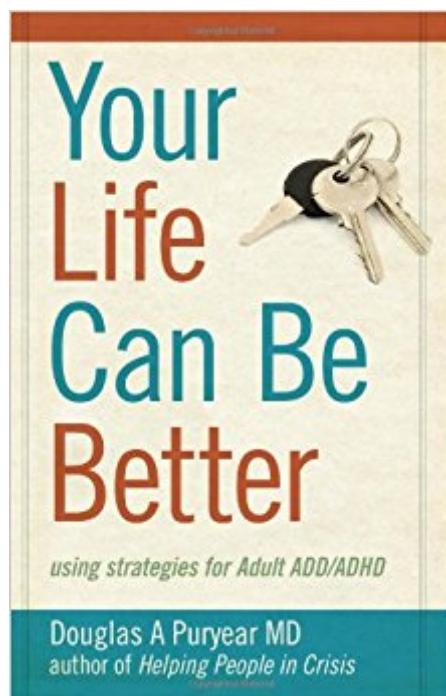


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# Your Life Can Be Better, Using Strategies For Adult ADD/ADHD



## **Synopsis**

This book is about using strategies for adult ADD or ADHD to make your life better. It has more information, too, especially about studying and learning, but it's really about strategies. It is personal; it tells of how I and my patients and my friends cope, and sometimes fail to cope, with our ADD ADHD. So it is not particularly scientific, and doesn't go much into the basics, like the history of ADD or how it's diagnosed, or causes, or treatment, though it does have some of that. But what I'm trying to say is, it is about strategies, what you can do to make your life better.

## **Book Information**

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## **Customer Reviews**

"This is the book on ADD that I always hoped I was buying." -The Very Rev. Thomas B. Woodward BA cum laude Harvard University; M Div, author, teacher, ADDer "I like the conversational way the writing flows. Very down to earth and an easy read." -Bonnie Mincu, Senior Certified ADHD Coach, [thrivewithadd.com](http://thrivewithadd.com). "It's funny. It made me laugh. And I found helpful things in there." -Tom Costello, BA, U of Minnesota; CPA, ADDer "A very good book. I will be happy to recommend it to my patients." -John Evaldson, MD, Child and Adolescent Psychiatrist, ADD expert

I initially wrote this book to help my patients, giving them the information and strategies I wanted them to have. Then I realized it could help lots of people with ADD or ADHD. And the feedback has been great - it has been helping people make their lives better. So I started a blog, with ADD Tips o the Day, and then collected the best of them for the next book, Living Daily with Adult ADD or

ADHD.Learning how to identify ADD ADHD problems and then develop strategies to cope with them can make your life better.

I'd read only a few pages of Dr. Puryear's book before I unexpectedly began to recognize myself. It wasn't the idea of making lists on colored index cards (although one of the first things I did after starting the book was buy a pack of colored cards). I've always kept lists, not to help me remember things (well, now that I'm 62, yes, to help me remember things) but to help me feel less overwhelmed by all the stuff running through my head. Keeping notes on backs of old envelopes? Yes, I do that too. Probably picked it up from my mother, who even cut up old tissue boxes for something to write on. When I realized, however, that the drawer in the side table next to where I usually sit was so crammed with old envelopes and scraps of paper that I could barely open it, I began to wonder. Then there is the clutter in my office, so much that I can't make myself work there and I can't make myself clear it away, obviously because I'm lazy and sloppy. Always being late for things (one therapist said it was because it was so hard for me to leave home). Procrastination (I call it "inspiration by deadline"). Feeling my life is too big for me and I can't keep up with it all. Being irritated by interruptions when I'm concentrating on something. Not getting along with bosses (I work for myself now--and I still don't get along with boss!). Addiction to computer games. No longer starting projects that excite me because I know I'll never finish them. Blurtng out (Why did I say that?). It all began to ADD up.Dr. Puryear's book is chock-full of stories about and strategies for living with ADD--ideas that can be useful to anyone, with or without ADD. But as I continued reading, something else began to make a difference for me: I felt understood, and I began to understand myself in a new way. I found myself being less judgmental and more gentle and reasonable, checking myself (there's a chapter on that) instead of berating myself. I began to feel hope that my life can be better; that my problems are problems, not lack of good moral character; that I don't have to be stuck in the mire of it all; that the "too bigness" of my life can be broken into smaller and smaller and even smaller chunks--orderly chunks that I feel I can handle instead of always feeling overwhelmed, anxious, and demoralized by "never doing anything right." Maybe the book will do the same for you or a loved one. Or maybe Dr. Puryear's approach--identify a problem, come up with a strategy, make a rule--will help you get your office in shape, prioritize your commitments, find more time for the things you want to do instead of what you have to do. Whatever the case, I highly recommend reading this book and making use of the many strategies it offers.

Both my child and myself are touched by ADHD and this book has been a big help to me and in turn probably helped me get focused and put into practice the steps I learned in Elizabeth Miles' book "Parenting ADD/ADHD Children: The Definitive Guide for Parents Raising a Child with Attention Deficit Hyperactivity Disorder". Between these two books I have been able to change my own life and increase my focus at work and my son has been displaying improved test scores - including some he's been proud enough to let me put on the fridge! I can highly recommend Dr Puryear's book to anyone who is also in need of helpful strategies and a plan of action to combat the interruptions and distractions that are making life more difficult than they need be.

Dr Puryear did a great job putting the book together for someone who is dealing with ADD. That being said it's a great read for someone who has ADD/ADHD because he repeats things several times which helps as I forget them several times. The pattern may be on purpose to an extent but I believe it goes beyond that and it works. The book focuses on strategies he and others use to create habits that unquestionably make life better. As someone who wasn't diagnosed with ADHD until 47, it puts many of the puzzle pieces in place with the many symptoms and problems that previously were just considered forgetful, not good at things, didn't apply myself. From implementing a few of the strategies detailed in the book and realizing that the obstacles of ADD/ADHD will never completely be gone it gives you some great options on how to deal with the disappointments and difficulties associated, while keeping your chin up and your head in the game on accomplishing things in your work and personal life. Great read I'd recommend it as a fantastic first read for any adult who is wondering if they have ADD/ADHD or adults who've recently been diagnosed.

The author does a great job of sharing his insight into life with ADHD and developing strategies to compensate for areas where ADHD creates difficulties. Written very well, with a good sense of humor and candidly sharing the challenges of life with ADHD. The book is organized into short chapters with concise summaries at the end of each one of them, to help readers focus on and remember the main points. I originally bought this book for my wife, but I think this book is written so well that it can benefit not only adults, but also adolescents, and I intend to guide my teenage kids with ADHD to read this book too. Clearly the author's main goal in writing this book and making it available to the public for only 2\$ is to help others and reach as many people as possible. Kudos to him for that!

This is a way to get a handle on so many of the struggles we ADDers face everyday like losing

things, hyperfocus, your to do list, chronic tardiness, procrastination, etc. If you are newly diagnosed & overwhelmed with the ADD symptoms, this is the book for you. Or if you have been diagnosed for many years these helpful strategies will help you make your life easier. Try it, I don't think you will be sorry. So many ADD help books are written by NON ADDERS who have never struggled with an ADD brain. This book is written by a psychiatrist who was diagnosed in his later years & these are the things he used to overcome his ADD struggles & made his life easier, also tips he has learned from his ADD patients. He is very down to earth-none of the medical jargon that you'd expect to read from an MD. Great book!

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