



ADD-Friendly Ways to Organize Your Life

By Judith Kolberg, Kathleen Nadeau

Download now

Read Online ➔

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau

Over 100,000 Copies Sold!

Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields -- professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.

⬇️ [Download ADD-Friendly Ways to Organize Your Life ...pdf](#)

📄 [Read Online ADD-Friendly Ways to Organize Your Life ...pdf](#)

ADD-Friendly Ways to Organize Your Life

By Judith Kolberg, Kathleen Nadeau

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau

Over 100,000 Copies Sold!

Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process often making their advice irrelevant or frustrating when put into application. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale in what are usually long books on the subject. This is a book that has ADD-Friendly advice with the ADDer in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields -- professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to utilizing the help of non-professionals, to using professional assistance. Thus it permits the reader to decide where they are at personally in the organizing process, and what level of support will be most beneficial to their unique situation.

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau Bibliography

- Sales Rank: #52840 in Books
- Brand: Unknown
- Published on: 2002-08
- Released on: 2002-11-07
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .64" w x 7.00" l, 1.09 pounds
- Binding: Paperback
- 280 pages

 [Download ADD-Friendly Ways to Organize Your Life ...pdf](#)

 [Read Online ADD-Friendly Ways to Organize Your Life ...pdf](#)

Editorial Review

About the Author

Judith Kolberg is a Professional Organizer in Atlanta, Georgia and the founder of the National Study Group on Chronic Disorganization.

Kathleen Nadeau, Ph.D. is a Clinical Psychologist and the Director of Chesapeake Psychological Service in Bethesda, Maryland.

Users Review

From reader reviews:

Ryan Calhoun:

In this 21st millennium, people become competitive in each way. By being competitive right now, people have do something to make these survives, being in the middle of the crowded place and notice through surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yes, by reading a book your ability to survive enhance then having chance to remain than other is high. To suit your needs who want to start reading a book, we give you that ADD-Friendly Ways to Organize Your Life book as nice and daily reading e-book. Why, because this book is usually more than just a book.

Kenneth Clark:

The particular book ADD-Friendly Ways to Organize Your Life will bring you to the new experience of reading a book. The author style to clarify the idea is very unique. Should you try to find new book to see, this book very acceptable to you. The book ADD-Friendly Ways to Organize Your Life is much recommended to you to see. You can also get the e-book from the official web site, so you can more easily to read the book.

Albert Matthews:

Do you really one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Try to pick one book that you just dont know the inside because don't assess book by its protect may doesn't work this is difficult job because you are scared that the inside maybe not since fantastic as in the outside appear likes. Maybe you answer might be ADD-Friendly Ways to Organize Your Life why because the wonderful cover that make you consider about the content will not disappoint a person. The inside or content will be fantastic as the outside or maybe cover. Your reading 6th sense will directly guide you to pick up this book.

Monica Philson:

Reading a book being new life style in this year; every people loves to study a book. When you study a book you can get a lots of benefit. When you read guides, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what types of book that you have read. If you wish to get information about your research, you can read education books, but if you act like you want to entertain yourself read a fiction books, this sort of us novel, comics, as well as soon. The ADD-Friendly Ways to Organize Your Life will give you a new experience in examining a book.

Download and Read Online ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau #I04AR6VDWUH

Read ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau for online ebook

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau books to read online.

Online ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau ebook PDF download

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau Doc

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau Mobipocket

ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau EPub

I04AR6VDWUH: ADD-Friendly Ways to Organize Your Life By Judith Kolberg, Kathleen Nadeau