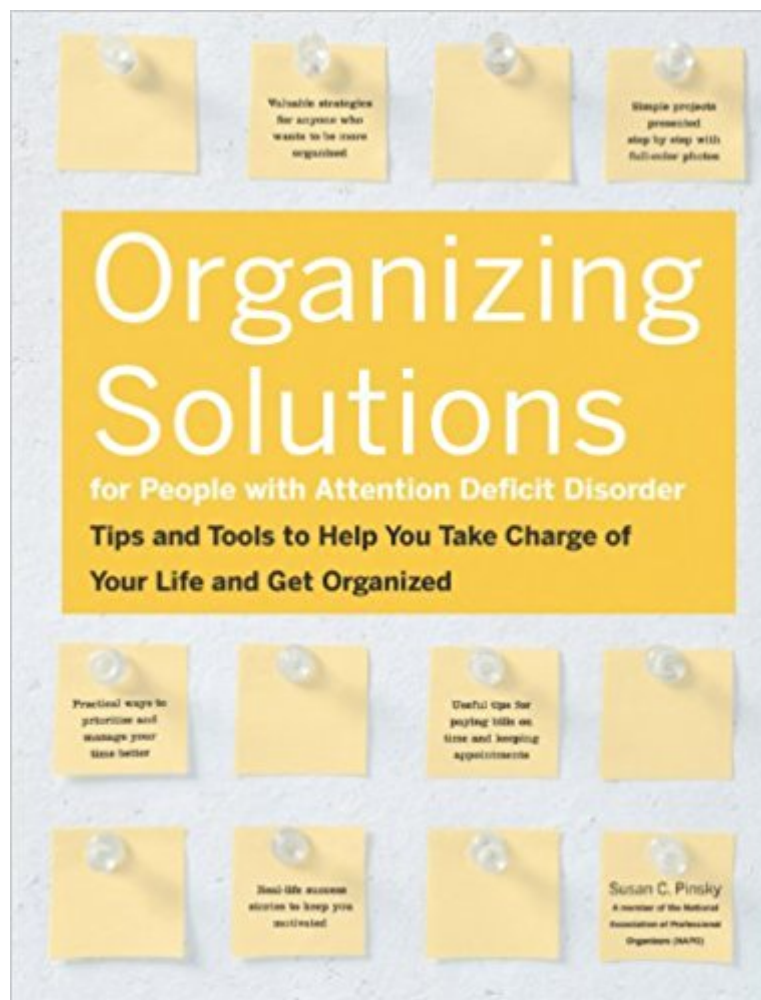


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# Organizing Solutions For People With Attention Deficit Disorder: Tips And Tools To Help You Take Charge Of Your Life And Get Organized



## Synopsis

ADD, Attention Deficit Disorder and ADHD, Attention Deficit Hyperactivity Disorder, are prevalent in society today, afflicting about 4.4% of the adult population, which is over 13 million Americans. Four out of every five adults do not even know they are ADD, and while it is often difficult to differentiate adults with true ADD from adults who are merely forgetful and disorganized, *Organizing Solutions for People with ADD* outlines new organizing strategies that will be of value to anyone who wants to improve their organizational, or lack of, skills in their life. The chapters consist of practical organizing solutions for ADD at Work; prioritizing, time management, and organizing documents, ADD at Home; paying bills on time, de-cluttering your house, scheduling and keeping appointments, ADD with Kids; driving them to various activities, grocery shopping and meals, laundry, babysitters, organizing drawers and closets, and ADD and You; organizing time for your social life, gym, and various other hobbies and activities. Color photographs that capture the short attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with ADD, providing numerous organizational tips, such as, the importance of dividing time into minutes or moments, task completion, how to avoid procrastination, asking for help, and how not to be a packrat.

## Book Information

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## Customer Reviews

Pinsky brings real-life experience to her topic. Not only is she a professional organizer and member of the National Association of Professional Organizers, but she is also the parent of a child with

attention deficit disorder (ADD). These two roles led to her creating simplified organizational systems specific to the needs of those with ADD. The book's first section explains her organizational methods; the second targets specific areas, rooms, or events that are common to almost everyone and typically present a challenge to organize and keep organized. Pinsky uses an abundance of before-and-after color photographs as well as yellow Post-its®-styled notes to highlight tips for organization. Her organizational philosophy can apply to everyone, not just those with ADD. This book is easy to read, and the pictures clearly depict the look of organization. Highly recommended for all public libraries. - Library Journal January, 2007

Susan C. Pinsky is a top professional organizer and author of *Organizing Solutions for People with ADHD* and *The Fast-and-Furious 5 Step Organizing Solution*. She is a member of the National Association of Professional Organizers (NAPO), as well as NAPO New England. She lives in Acton, MA with her husband and three children. You can find her at <http://www.organizationalyours.com>.

Really not much in here that I haven't already read about. I did learn what I had expected, that things must be left visible for a person with ADHD. I now leave the closet doors open and open baskets on the shelves for underwear and shorts. My grandson would wear only what was on top in the drawers, now he can see what he has and has easy access to it. Same with bathroom items. Though messy, he does better if things are left out on the counter. ADHD persons must take it upon themselves to get things done by not allowing a recreation until a certain project is done. They make a pact with themselves. Sorry but this book was not really too helpful.

I LOVED this book. Everything was written in a format that was so easy for me to "focus" on and follow. The chapters are short, to the point and clearly written by someone that has been in every room of my house! My favorite chapter was the one on the bedroom. When she says that the ADD'er has a pile on the side of the bed so large that they have to get in bed via the foot of the bed.....Well, let's just say, I felt the need to check my room for a hidden video feed! Everything in the book makes SENSE! As I read it, which I breezed through in under an hour, I could see why areas of my home were bigger struggles than others. I can't wait until morning so I can get some laundry baskets and CLAIM my bedroom once and for all!!! I got downloaded this book via kindle after a week of disorganized despair. Everything in my home was a mess. Everywhere I looked to clean each mess led to cleaning 3 other messes. The task looked so complicated, I couldn't even start. This book is broken down, room by room. By utilizing the Less is More approach, I am confident that I will be

ship shape and manageable in no time at all. The extra benefit of this book is that I finally have something to educate my family with. I was raised that you could do anything if you just applied yourself. I am a very bright, energetic and competitive person, that competes mostly with myself. I have very high work standards and "try" was not an acceptable response to anything. You either DID or you DIDN'T. This book, that I just bought yesterday and read today at 4am, when I couldn't sleep....reminded me that I tend to set my expectations for myself WAY TO HIGH!!! I need to simplify and modify my expectations or be doomed to a life of disappointment. If you have ADD or ADHD....do yourself a favor, buy this book. (Preferably the Kindle Edition, you don't need any more stuff in your life) I choose simplicity!! (And this book is readily available on my Kindle app located on my computer, tablet and cell phone. (For handy, paper / clutter free reference at any time!)

I recommend this book to anyone with ADD or living with someone with ADD. Since I was first handed over the reins of cleaning my room it has been a disaster zone. Despite endless attempts by everyone in the household to help me get my space cleaned up, it would inevitably end in failure. My room would stay clean for all of two days (five if threats were used) then descend into chaos once again. Clothes strewn everywhere but the closet and hamper, unfinished projects laying in heaps on the floor, and trash stashed away in piles in plain sight. Any shelving or counter space I had was unusable because of clutter. Finally at the end of my rope I started researching organizational techniques for people with ADD. This book was mentioned over and over so I took the plunge and purchased this book. Miracles of Miracles my room is finally clean! Not only is it clean, but it has been clean for a couple of months now! The book immediately pinpoints problem areas throughout the house and gives you an explanation for why they become problem areas. A solution is presented and the reasoning for it explained. There are a few unrealistic suggestions in the book for the average person such as hiring a service to take care of your lawn, but for the most part it is VERY helpful. Your house will most likely not be featured in home advertisements, but the systems and tricks in the book make places inhabitable and keep them that way. I would HIGHLY suggest enacting the changes in this book with the help of someone who does not have ADD because things will go a lot faster and they can help you see reason when stubbornness, emotion and frustration get in the way of accomplishing your goals. I can not thank Susan Pinsky enough for this book. My life is so much easier because of this book!

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