



# ADD-Friendly Ways to Organize Your Life

*By Judith Kolberg, Kathleen Nadeau*

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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.

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### **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:**

**Steven Whitney:**

The ability that you get from ADD-Friendly Ways to Organize Your Life could be the more deep you excavating the information that hide inside words the more you get thinking about reading it. It doesn't mean that this book is hard to recognise but ADD-Friendly Ways to Organize Your Life giving you buzz feeling of reading. The author conveys their point in a number of way that can be understood by anyone who read the idea because the author of this e-book is well-known enough. This particular book also makes your current vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having that ADD-Friendly Ways to Organize Your Life instantly.

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