



Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder

Edward M. Hallowell M.D., John J. Ratey M.D.

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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.

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