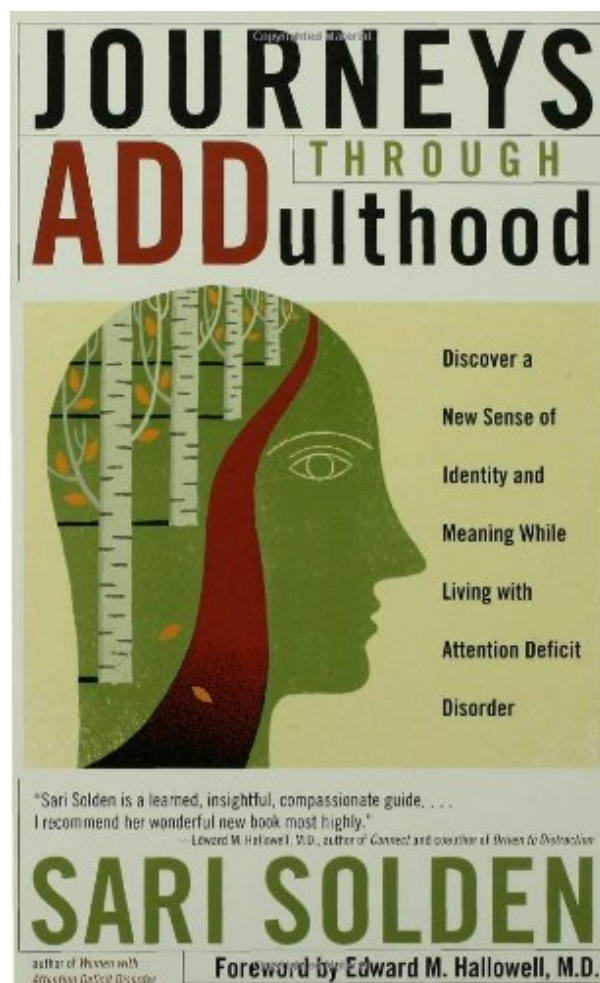
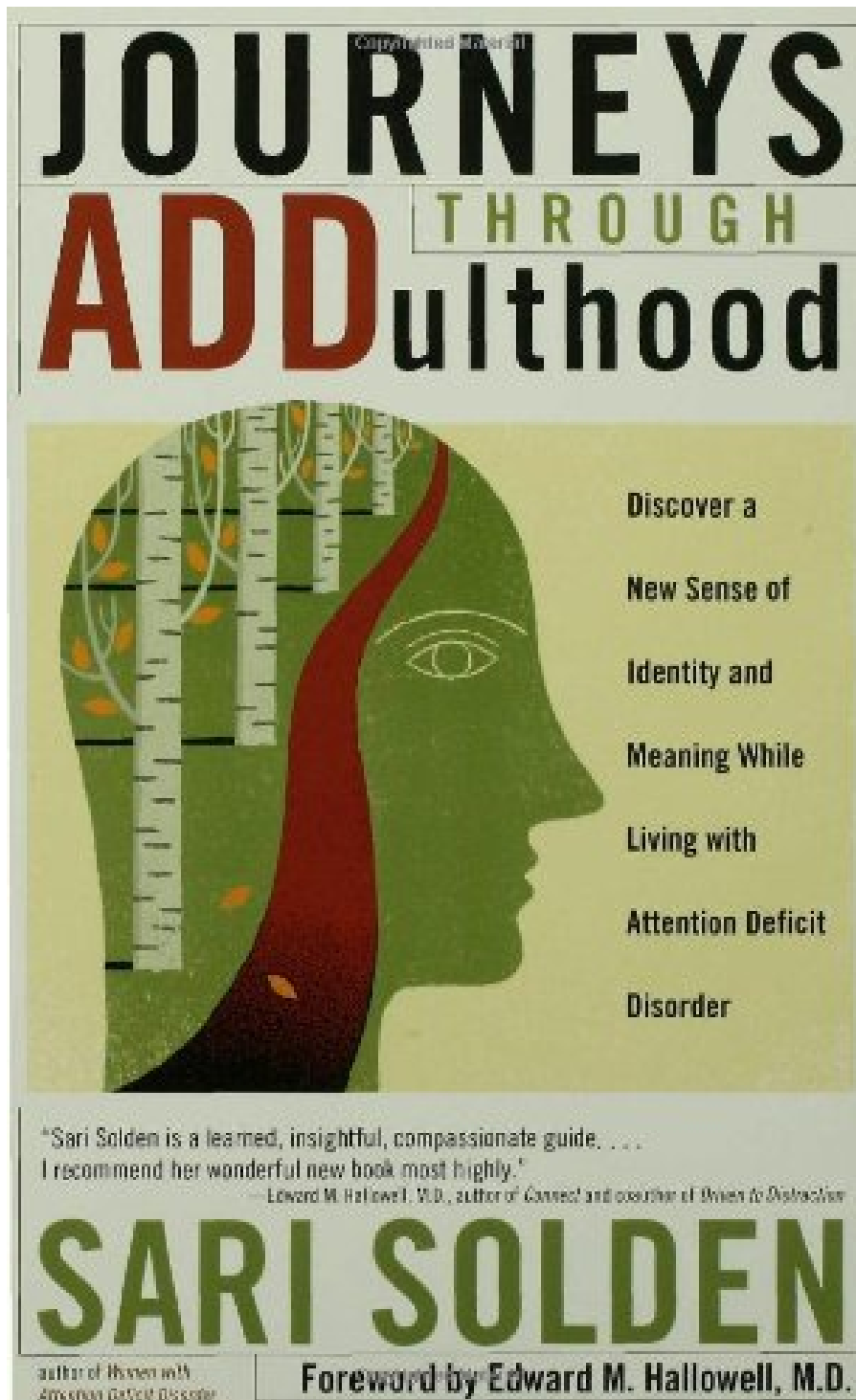


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**Journeys Through ADDulthood: Discover A New Sense Of Identity And Meaning With Attention Deficit Disorder By Sari Solden.** The established technology, nowadays assist every little thing the human needs. It consists of the everyday tasks, tasks, office, amusement, and more. Among them is the terrific internet link as well as computer system. This problem will certainly alleviate you to assist one of your pastimes, checking out habit. So, do you have willing to read this book Journeys Through ADDulthood: Discover A New Sense Of Identity And Meaning With Attention Deficit Disorder By Sari Solden now?

From Publishers Weekly

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appendix includes practical tools for organizing one's life and a useful guide for professionals working with patients with ADD; the additional resources cover books, URLs, and organizations that focus on ADD. This important work stands out among the growing number of books on ADD for its focus on adults and the author's emphasis on learning how to come to terms with and live comfortably with the disease. Highly recommended for all public libraries.

Dale Farris, Groves, TX

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#### Review

Sari Solden is a learned, insightful, compassionate guide. . . . I recommend her wonderful new book most highly -- Edward Hallowell, M.D., author of *Driven to DistractioN*

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# **JOURNEYS THROUGH ADDULthood: DISCOVER A NEW SENSE OF IDENTITY AND MEANING WITH ATTENTION DEFICIT DISORDER BY SARI SOLDEN PDF**

Sari Solden specializes in working with ADD adults and their partners. Her first book, *Women with Attention Deficit Disorder*, has sold more than 100,000 copies worldwide. Now, in *Journeys Through ADDulthood*, she takes a groundbreaking look at the emotional turmoil often precipitated by ADD and offers readers roadmaps to richer, happier lives.

Although most commonly associated with children, attention deficit disorder (ADD or AD/HD) affects the lives of between 8 and 10 million American adults. Even years after diagnosis, many adults still feel discouraged because treatments tend to focus exclusively on managing or overcoming the symptoms of ADD rather than on teaching patients to lead a fulfilling life despite these differences. Sari Solden, who struggles with ADD and these issues herself, has spent the past twelve years focusing her work on the emotional challenges men and women face with ADD in their lives. *Journeys Through ADDulthood* is her profoundly empathetic and inspiring guide to living a rich and full life even as the effects of ADD remain.

Living with ADD affects the development of one's view of self, especially for those not diagnosed until adulthood, after an entire childhood of feeling "different" without knowing why. There are no quick fixes? Solden takes a longer view of the challenges and sees living with ADD as an ongoing internal process. *Journeys Through ADDulthood* is a step-by-step guide through three stages, or journeys: toward understanding your brain and your primary symptoms; toward discovering your true identity and embracing your uniqueness; and toward learning to share your true self to connect with others. Illuminating her points based on the real-life journeys of two men and two women, Solden offers self-help exercises at the end of each chapter to point the way around common roadblocks on the road to empowerment, self-fulfillment, and the realization of long-buried dreams and goals.

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Most helpful customer reviews

79 of 80 people found the following review helpful.

I Only Wish I'd Bought It Sooner

By A Customer

I haven't finished reading it, but already I can't say enough about how much this book has helped me. If you are an adult struggling with ADD/ADHD this book is a must have, because it's one of the few that deals with the post-diagnosis dilemma. And adult who's diagnosed with ADD experiences many things at once; relief because there is now a name for what have likely been life-long problems, anxiety because a diagnosis naturally brings with it a change in self-image and a potential identity crisis, frustration because there is



"treatment" but no "cure for ADD, etc., etc. While any number of books do a wonderful job of explaining what ADD is, or offering strategies to cope with the symptoms of ADD, few if any deal effectively with the inner-life and struggle of the adult who is learning to cope with the symptoms of ADD while simultaneously trying to craft a new identity post-diagnosis, and put the past and the present into context. Basically, few other books give advice on how to effectively get on with life after diagnosis.

At first Solden's words may be hard to take. She matter-of-factly states that there is no "cure" for ADD, that it probably can't be "fixed" and that the symptoms will probably continue to cause problems for the adult with ADD. To her credit, she puts this as gently as possible, and offers the promise that what she has to say will help the reader stop trying to "fix" himself or herself, and gain a balanced perspective of self that will help him or her to move forward and live his or her best life while continuing to live with and struggle with ADD.

Solden's central, and perhaps most powerful, message is simple: diagnosis is not identity. People with ADD, unfortunately, live in a world that reminds them of their difficulties and shortcomings on almost a daily basis. Solden sees how this distorts the self-concept of the adult with ADD and offers tools and methods to begin shifting that self concept from focusing on difficulties to a more balanced focus that looks realistically at individual difficulties and strengths.

I could say more, but I'll sum my opinion of this book by saying that were it in my power to do so, I would give a copy of this book to every single adult with ADD. In fact, it would be handed out with the diagnosis and first prescription.

39 of 39 people found the following review helpful.

solden does it again

By A Customer

Sari Solden wrote what I think is the best add book for adult women with her first book, especially those newly diagnosed and this book is just as good. Here, she is addressing primarily those of us (men and women) who have lived for a couple of years or more with a diagnosis of adult add (most likely not diagnosed as a child). She clearly explains, using examples, the how different people deal with the diagnosis over the years, what the stumbling blocks are in terms of career choice and home life, and how to overcome them. She speaks about how many of us may accept we have add, and dutifully take our meds, but still have problems because we don't think about the life changes we may need to make to best utilize our unique skills and the help we may need to be successful. She talks about how to identify problem areas and think up solutions. Excellent book for the add adult--though not the best "intro" book.

42 of 44 people found the following review helpful.

Hits the Mark! A Must-Have for the AD/HD Bookshelf.

By Terry Matlen, ACSW, author of The Queen of Distraction

Ms. Solden has opened the door to new territories in this book. Unlike other books on AD/HD that seem to repeat much of the same information over and over again, Journeys into ADDulthood gently leads the reader into the next stage of one's ADD self-discovery and growth. It is a refreshing look at "what happens next"- after one is diagnosed and treated.

The author breaks up the book into three main sections, or journeys: The Crisis of Understanding, The Crisis of Identity, and the Crisis of Success. She gently walks the reader through each stage, offering insights and gems of wisdom. Each chapter ends with an "Exploration"- a short self-help exercise to help you think more about how you can use the material in a personal way for self-growth.

Both practical, sensitive and emotionally packed with wisdom from this pioneer in the field of AD/HD, I highly recommend this not only to those touched by AD/HD, but to those who work with them.

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