



# Overcoming Distractions: Thriving with Adult Attention Deficit Disorder

*David A. Greenwood*

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We know that Attention Deficit Disorder makes it tough for children to focus in school. But what happens when those kids grow up? How can they make the transition to a successful professional life? And how can newly diagnosed adults meet the challenges of the workplace? David Greenwood, an ADD sufferer who now works as a well-respected PR consultant, answers the question for anyone who wants to thrive with ADD or ADHD—not just survive!

*Learn how to:*

- Identify the major features of Attention Deficit Disorder and become aware of how they affect aspects of adult life, particularly in the office
- Tailor a career to minimize the effects of those symptoms
- Highlight the *positive* characteristics of Attention Deficit Disorder, such as hyper-focusing and creativity, and leverage them to achieve professional success

*Overcoming Distraction* includes plenty of case studies, testimonial from ADD/ADHD specialists, and numerous action plans for making Attention Deficit Disorder work for you.

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#### **Adam Gutierrez:**

The book untitled Overcoming Distractions: Thriving with Adult Attention Deficit Disorder contain a lot of information on that. The writer explains the girl idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read it. The book was published by famous author. The author gives you in the new age of literary works. You can actually read this book because you can keep reading your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice go through.

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