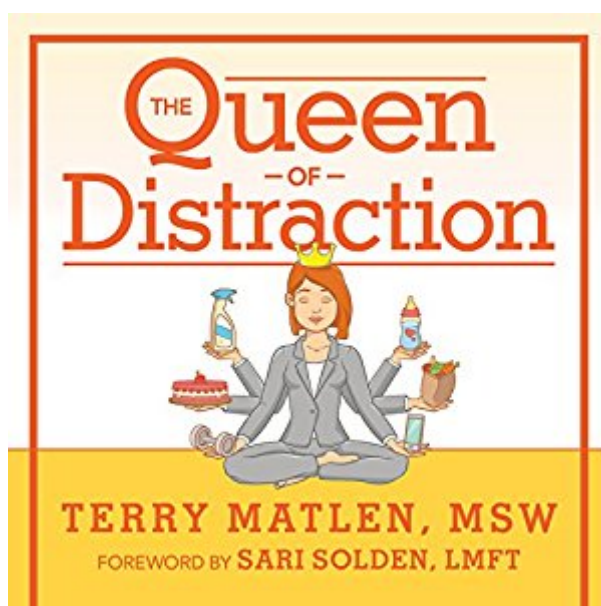


The book was found

# The Queen Of Distraction: How Women With ADHD Can Conquer Chaos, Find Focus, And Get More Done



## Synopsis

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be The Queen of Distraction. And whether or not you've been formally diagnosed with attention deficit/hyperactivity disorder (ADHD), you probably already know that something's got to give. The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD, discussing the elements of this condition that are particular to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing with out-of-control hormones. In addition this audiobook offers helpful tips and strategies to get your symptoms under control and outlines a number of effective treatment options for you to pursue.

## Book Information

Audible Audio Edition

Listening Length: 6 hours 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: October 6, 2015

Language: English

ASIN: B015JRXHI0

Best Sellers Rank: #61 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #102 in Books > Parenting & Relationships > Special Needs > Disabilities #119 in Books > Audible Audiobooks > Health, Mind & Body > Health

## Customer Reviews

This book is definitely an important addition to the canon of literature every woman suffering with ADD/ADHD must read. I have read practically every book published on adult ADD/ADHD (Hallowell, Selden, Kelly & Ramundo, Ratey, etc) and what I feel this book specifically adds to the knowledge of women's struggle with ADD/ADHD is more details on how a woman's hormonal stages of life affect and interact with the condition. Matlen's style of writing is more accessible to the average ADDer, and her discussions of scientific studies are succinct and clear. I appreciated the logical tips

for coping that she offers, and her realistic approach to life. This is the most recent book to be written on the female side of ADD/ADHD, and so it incorporates the most recent scientific studies. I laughed my way through this book, surprised to see many traits I have that bug the hell out me like environmental/light sensitivities, stimulus overload, and other strange quirks finally explained through new science to be linked to ADHD/ADD. I also appreciated her equal explanations throughout the book of how certain things affect a woman with ADHD (hyperactive type) vs a woman with just ADD (inattentive type). I suffer from inattentive type ADD and up until now I have always been frustrated by the lack of accessible writing on inattentive type ADD, finding most research and writing to be directed towards ADHD. Reading this book gives me a jolt of peace. It is difficult living in an age where most people still do not believe ADD/ADHD exists, even though it is protected by the Americans With Disabilities act. It is nice to remember that women like me are not alone in their struggles to have normal lives and jobs (and being expected to take care of other people as well) while struggling with this debilitating neuro-biological disorder. Pick up this book to find a better understanding (and compassion) of yourself or for a loved one with this condition! (less)

The title of this review is the author's main message in this book, which is a VERY basic introduction to ADHD in women. It has a LOT of white space and very large print and subtitles; it needn't have taken up as many pages as it did. Also, the incredibly large print makes for awkward situations where anyone sitting near you in public could easily read the book along with you. The organization within chapters is pretty good, easy to follow, but the only chapters I found very useful were the first couple, one on why women with ADHD are always late to things, and one on organizing papers and making to-do lists that emphasized the importance and time-sensitivity of items. Basically, get a lot of clocks and put them all around your house, and actually time your morning routines, such as putting on makeup or showering, so that you can schedule your mornings realistically. One of the big problems women with ADHD have is a sort of time-optimism, thinking more can be done in a certain amount of time than is actually possible. There are a couple chapters on relationships and communication about the unique challenges of ADHD, but there isn't any really groundbreaking information in here. There is a chapter on "sensitivity," which helped to explain why I have always had so much trouble finding comfortable clothing (itchy or uncomfortable clothing is yet another stimulus that demands attention), and one chapter on why shopping can be challenging because there are so many things demanding attention. I managed to read this whole book in one day, starting at 8:30am and ending at 2:30pm. I doubt that I'll read it again other than to refer to the organizing parts, which I easily could have written on a post-it after my first read through, but

didn't. One of THE WORST parts about the book, is that the author is CONSTANTLY referring you to visit her website for lists, explanations, tips, and other resources. She mentions her website in every chapter, sometimes multiple times on a page. I understand the need to reference a website when it comes to a list that might be regularly updated, but she could have put a small icon or footnote next to the sentences mentioning such lists instead of saying "visit my website here" every time such things came up. After awhile, the book began to feel like a \$15 website advertisement disguised as a book. (See photo) Additionally, her solution for a lot of the problems that women with ADHD face is "hire someone else to do it!" and "hire a counselor to give you advice." Very little advice for women who don't have money to throw at all of their problems or for women who want to learn to take control of their ADHD themselves. Not everyone can afford to have a personal assistant or to contract a professional organizer to remodel a closet. I'd recommend this book as a quick, cursory read for an overview on women in ADHD, but I wouldn't suggest buying it. You'll read it once and put it back on your shelf, so save yourself some money and check it out from the library instead. Additionally, there are online forums for people with ADHD that provide the same quality of personal anecdotes and individual testimony to tips on dealing with ADHD, all without the constant advertisements and money-based solutions.

My diagnosis of being hyperactive as a child, had long since been forgotten until one of my children was recently diagnosed with ADHD. Then another. My sons' counselor asked me if I had ever been diagnosed with ADHD and I answered no, but when I was a child I was told I was hyperactive. She informed me that ADHD was the newer term for "hyperactive". I started medication 9 months ago and have seen changes that have been incredible. When I got this book a few days ago I started reading it and was immediately hooked. I have cried throughout reading this book because I finally feel as though I have an identity. Terry hit the nail on the head so many times of things I've gone through, dealt with, still deal with and provided ideas that have already helped me tremendously. I never knew why I hated going to the grocery so much, why I would freak when I was asked at 5 pm "What's for dinner?", and why I'm so bad at following through with getting my kids to do their chores. This book has given me a sense of relief as I now have a better understanding of who I am. I recommend this book highly! It has to be the best book I have ever read (I've never had one so dog eared and highlighted before). ~Diane, 43, wife and mother of 6 children.

I have had issues my entire life with oversensitivity, brain fog, and disorder. I never considered that my issues might stem from ADHD. It explains so much and helps me see how I can manage my

environment so I can be happier.

I haven't read the whole thing yet, but I really enjoy this book. The author has a great sense of humor, and provides great tips for overcoming ADHD as a wife/mother/employee.

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ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet)  
ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT)  
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Born to Conquer and Other Short Stories: Born to Conquer, Clouds on the Circle P, An Evening's Entertainment, Ride the River, The Stranger If I'm So Smart, Why Can't I Get Rid of This Clutter?: Tools to Get it Done!  
Bolivia in Focus: A Guide to the People, Politics, and Culture (In Focus Guides) (The in Focus Guides)  
Focus On Lighting Photos: Focus on the Fundamentals (Focus On Series)  
Help for Women with ADHD: My Simple Strategies for Conquering Chaos  
How To Focus: Stop Procrastinating, Improve Your Concentration & Get Things Done - Easily! Delivered From Distraction: Get the Most Out of Life with Attention Deficit Disorder Too Busy for Your Own Good: Get More Done in Less Time  
With Even More Energy (Business Skills and Development)  
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