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Driven to distraction by Edward M Hallowell Edward M. Hallowell,1994 ADHD 2. 0 Edward M. Hallowell,John J. Ratey,2021 World renowned authors present a revolutionary new idea What if people viewed impulsivity distractibility and hyperactivity as personality traits instead of symptoms Furthermore what if those traits could be valued and harnessed for the creativity and entrepreneurial spirit they tend to breed **Driven to Distraction at Work** Ned Hallowell,2014-11-18 Are you driven to distraction at work Bestselling author Edward M Hallowell MD the world s leading expert on ADD and

ADHD has set his sights on a new goal helping people feel more in control and productive at work You know the feeling you can't focus you feel increasingly overwhelmed by a mix of nonstop demands and technology that seems to be moving at the speed of light and you're frustrated just trying to get everything done well and on time Not only is this taking a toll on performance it's impacting your sense of well-being outside the office It's time to reclaim control Dr Hallowell now identifies the underlying reasons why people lose their ability to focus at work He explains why commonly offered solutions like learn to manage your time better or make a to-do list don't work because they ignore the deeper issues that are the true causes of mental distraction Based on his years of helping clients develop constructive ways to deal with distraction Dr Hallowell provides a set of practical and reliable techniques to show how to sustain a productive mental state In Part 1 of the book he identifies the six most common ways people lose the ability to focus at work what he calls screen sucking internet social media addiction multitasking idea hopping never finishing what you start worrying playing the hero and dropping the ball and he explains the underlying psychological and emotional dynamics driving each behavior Part 2 of the book provides advice for training your attention overall so that you are less susceptible to surrendering it in any situation The result is a book that will empower you to combat each one of these common syndromes and clear a path for you to achieve your highest personal and professional goals

Recognizing and Coping with Attention Deficit Disorder Edward M. Hallowell
M., Edward M. Hallowell, 2017-07-26 Recognizing and Coping with Attention Deficit Disorder By Edward M Hallowell M

Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood Edward M. Hallowell, 2017-07-26 Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood By Edward M Hallowell *Delivered from Distraction* Edward M. Hallowell, 2017-07-26 Delivered from Distraction Getting the Most out of Life with Attention Deficit Disorder By Edward M Hallowell *Driven to Distraction* Judith Duncan, 1997 [Attention Deficit Disorder](#) Barbara Sheen, 2001 Discusses the causes diagnosis and treatment of attention deficit disorder as well as recent research to discover new methods of treatment **Driver Distraction and Inattention** John D. Lee, 2017-07-12 It is estimated that in the United States around 20 percent of all Police reported road crashes involve driver distraction as a contributing factor This figure increases if other forms of inattention are considered Evidence reviewed in this volume suggests that the situation is similar in other countries and that driver distraction and inattention are even more dangerous as contributing factors in crashes than drug and alcohol intoxication Having a solid evidence base from which to develop injury countermeasures is a cornerstone of road safety management This book adds to the accumulating evidence base on driver distraction and inattention With 24 chapters by 52 authors from more than 10 countries it provides important new perspectives on the definition and meaning of driver distraction and inattention the mechanisms that characterize them the measurement of their effects strategies for mitigating their effects and recommendations for further research The goal of this book is to inspire further research and countermeasure development to prevent and mitigate the potentially adverse effects

of driver distraction and driver inattention and in doing so to save lives **Driven to Distraction** M D Edward M Hallowell,
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