



You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder

Kate Kelly, Peggy Ramundo

[Download now](#)

[Click here](#) if your download doesn't start automatically

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder

Kate Kelly, Peggy Ramundo

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder Kate Kelly, Peggy Ramundo

With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference -- the first of its kind written for adults with ADD by adults with ADD -- focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new:

- The new medications and their effectiveness
- The effects of ADD on human sexuality
- The differences between male and female ADD -- including falling estrogen levels and its impact on cognitive function
- The power of meditation
- How to move forward with coaching

And the book still includes advice about:

- Achieving balance by analyzing one's strengths and weaknesses
- Getting along in groups, at work and in intimate and family relationships -- including how to decrease discord and chaos
- Learning the mechanics and methods for getting organized and improving memory
- Seeking professional help, including therapy and medication

 [Download You Mean I'm Not Lazy, Stupid or Crazy?!: The Clas ...pdf](#)

 [Read Online You Mean I'm Not Lazy, Stupid or Crazy?!: The Cl ...pdf](#)

Download and Read Free Online You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder Kate Kelly, Peggy Ramundo

From reader reviews:

Arthur Elsberry:

This You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder book is just not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this publication incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This kind of You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder without we recognize teach the one who reading through it become critical in imagining and analyzing. Don't end up being worry You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder can bring if you are and not make your carrier space or bookshelves' turn out to be full because you can have it with your lovely laptop even cell phone. This You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder having great arrangement in word as well as layout, so you will not sense uninterested in reading.

Johnnie McCormick:

The experience that you get from You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder will be the more deep you searching the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to understand but You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder giving you excitement feeling of reading. The author conveys their point in certain way that can be understood through anyone who read it because the author of this publication is well-known enough. This kind of book also makes your personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We suggest you for having that You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder instantly.

Daniel Metz:

Book is one of source of know-how. We can add our knowledge from it. Not only for students but additionally native or citizen want book to know the update information of year to help year. As we know those ebooks have many advantages. Beside most of us add our knowledge, also can bring us to around the world. By book You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder we can acquire more advantage. Don't someone to be creative people? To be creative person must choose to read a book. Simply choose the best book that suitable with your aim. Don't become doubt to change your life with this book You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder. You can more pleasing than now.

Kelly Mays:

Reading a guide make you to get more knowledge from the jawhorse. You can take knowledge and

information from a book. Book is published or printed or descriptive from each source that filled update of news. In this particular modern era like right now, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just trying to find the You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder when you required it?

Download and Read Online You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder Kate Kelly, Peggy Ramundo #2L0ZJ4YW7VK

Read You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo for online ebook

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo books to read online.

Online You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo ebook PDF download

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo Doc

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo Mobipocket

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo EPub