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Edward M. Hallowell, MD, is the founder of the Hallowell Center for Cognitive and Emotional Healt and was a senior lecturer at Harvard Medical School. A world-renowned ADHD expert, is the New York Times bestselling author of over ten books, including Driven to Distraction and Delivered from Distraction.

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drive (one) to distraction 1. To render one unable to focus; to distract one. Leave your sister alone she's got to

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finish her homework, and you are driving her to distraction. 2. To annoy or frustrate one to the point of exasperation. A week on vacation with my relatives is enough to drive me to distraction. That loud beeping noise is driving me to

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