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Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get it All Done

By Terry Matlen

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get it All Done, Terry Matlen, 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-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, the book offers helpful tips and strategies to get your symptoms under control, and outlines a number of effective treatment options for you to pursue. From getting dressed in the morning, to making it to a job interview, to...



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