

***Delivered From Distraction Getting The Most Out Of Life With  
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Excerpt: 'Delivered from Distraction'. From Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder by Edward M. Hallowell, John J. Ratey. Chapter 1: The Skinny on ADD -- Read this if you can't read the whole book Most people who have ADD don't read books all the way through.

### **Excerpt: 'Delivered from Distraction' : NPR**

"Delivered from Distraction is just what it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the latest information on ADD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. As the authors point out, ADD needn't be a sentence to secondhand status.

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### **Delivered from Distraction - ADDitude**

It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, Delivered from Distraction is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read.

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