

# [Free PDF File] The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents



**CONTINUE ►**

For the millions of adults diagnosed with ADHD, The Disorganized Mind will provide expert guidance on what they can do to make the most of their lives. The inattention, time mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around. The Disorganized Mind addresses the common issues confronted by the ADHD adult: "Where did the time go?" "I'll do it later, I always work better under pressure anyway." "I'll just check my email one more time before the meeting...." "I'll pay the bills tomorrow - that will give me time to find them." Professional ADHD coach and expert Nancy Ratey helps listeners better understand why their ADHD is getting in their way and what they can do about it.

**CONTINUE ►**

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