

## ADD-Friendly Ways to Organize Your Life



From authors Judith Kolberg and Kathleen Nadeau comes an essential guide to organization written with the unique needs of ADD sufferers in mind. Here are strategies that work from a professional organizer and a renowned ADD clinician. Organizing books fall short of addressing the unique needs of adults with ADD. They fail to understand the clinical picture of ADD and how it impacts the organizing process, often making their advice irrelevant or frustrating when put into practice. Books about ADD may address organization/disorganization but do so in a cursory fashion and on a very small scale. This is a book that has ADD-friendly advice with the ADD-er in mind. This collaboration brings forth the best underlying understanding with the most effective and practical remedy from ADD experts in two important fields: professional organization and clinical psychology. Finally, it offers organizing advice that ranges from self-help to using the help of non-professionals or professional assistance. Thus it permits the listener to decide where they are personally in the organizing process and what level of support will be most beneficial to their unique situation.

**: ADD-Friendly Ways to Organize Your Life (Audible Editorial Reviews. Review. ADD-Friendly Ways To Organize Your Life was a godsend for me when it was first published in 2002, coming out as I had just begun ADD-Friendly Ways to Organize Your Life (Unabridged) by Kathleen** I am so excited to announce that the revised 2nd edition of my book ADD-Friendly Ways to Organize Your Life, co-authored with Dr. Kathleen G. **: ADD-Friendly Ways to Organize Your Life: Strategies** ADD-Friendly Ways to Organize Your Life: Strategies that Work from a Professional Organizer and a Renowned ADD Clinician: Judith Kolberg, Kathleen **ADD-Friendly Ways to Organize Your Life: Strategies** - Listen to ADD-Friendly Ways to Organize Your Life audiobook by Judith Kolberg, Kathleen Nadeau. Stream and download audiobooks to your computer, tablet **ADD-Friendly Ways to Organize Your Life: Judith** - ADD-Friendly Ways to Organize Your Life: Strategies that Work from a Professional Organizer and a Renowned ADD Clinician eBook: Judith Kolberg, Kathleen **ADD-Friendly Ways to Organize Your Life by - Barnes & Noble** : ADD-Friendly Ways to Organize Your Life (Audible Audio Edition): Kathleen Nadeau, Lisa Renee Pitts, Judith Kolberg, Tantor Audio: Books. **ADD-Friendly Ways to Organize Your Life** - Rated 4.4/5: Buy ADD-Friendly Ways to Organize Your Life by Judith Kolberg, Kathleen Nadeau, Lisa Rene Pitts: ISBN: 9781452606033 : ? 1 day **ADD-Friendly Ways to Organize Your Life: Judith** - Rated 4.4/5: Buy ADD-Friendly

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