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### DROWNING IN DAILY ROUTINES?

Reviewed by Patricia O. Quinn, M.D.

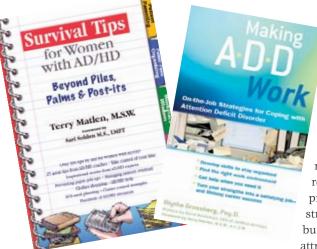
**///** ou know you have AD/HD if you put your children in time-out for two minutes and when they are done, you forgot why they were there in the first place." For women with attentiondeficit/hyperactivity disorder (AD/HD), completing routine daily tasks often seems overwhelming. Parenting, meal planning, shopping, and remembering important dates become daunting tasks. How to survive? One tried and true method...ask a friend who also struggles with the same issues. Or you can turn to Survival Tips for Women with AD/HD by Terry Matlen, M.S.W. (Specialty Press, January 2005, 333 pages). In this manual, Matlen has collected tips from experts, professionals in the field and women with AD/HD that address virtually any situation faced by a woman with the disorder. A true life-preserver!

Most everyday situations are covered in this comprehensive collection. Trouble getting to sleep? The book offers four tips: get a fan, relax from the toes up, take a small dose of meds before bed or write out your worries. Dealing with hypersensitivities? Twelve tips help women deal with problems with noise, fabric and touch.

My personal favorite sections of the book are the humorous stories and sayings...
"You know you have AD/HD when..."
Humorous stories, including "10 things never to do in the kitchen," are sure to bring a smile and lighten a dark moment.

P.S. Don't forget to take a look at the SOS recipes in the back—you could find tonight's dinner.

Patricia Quinn, M.D., is a developmental pediatrician and director of the National Center for Gender Issues and AD/HD, and a former member of CHADD's professional advisory board. She is the co-author of Understanding Women with AD/HD and When Moms and Kids have ADD.



#### **WORKING SMART**

Reviewed by Susan Buningh, M.R.E.

Took at your differences and see how they can be strengths," counsels Blythe Grossberg, Psy.D., in her warm and wise Making ADD Work: On-the-Job Strategies for Coping with Attention Deficit Disorder (Perigee Books, 2005, 179 pages). Ever struggled with the thought of AD/HD as a career killer? You can find inspiration in the real stories of real people Grossberg encountered as a career and educational consultant who specializes in adults with AD/HD.

There's more than inspiring testimonies in these pages. Successful adults

with AD/HD engaged in a full spectrum of professions offer practical solutions and insights. Each reached career goals "by developing smart work skills, finding a workplace suited for them, and getting help from others if needed." Grossberg encourages readers to pursue this three-pronged approach and select strategies according to what builds on their already positive attributes.

Making ADD Work is a source of validation and encouragement for adults managing AD/HD while navigating today's work world. Every chapter closes with a summary of highlights, a valuable review and reference tool. Many of these could become affirmations or tips to post on your bulletin board or fridge. ■

Susan Buningh, M.R.E., is the incoming managing editor of Attention!® magazine.

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