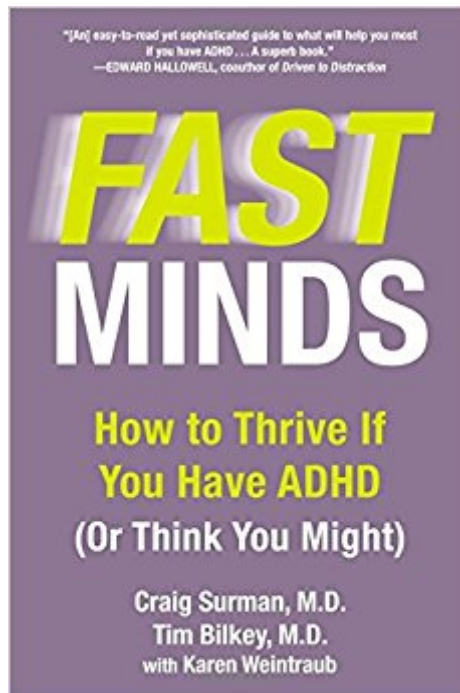




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# Fast Minds: How To Thrive If You Have ADHD (Or Think You Might)



## Synopsis

FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported. This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop personalized strategies to take control of your life. Forgetful. Achieving below potential. Stuck in a rut. Time challenged. Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered. If any or all of these symptoms are making it difficult for you or someone you know to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges. Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, FAST MINDS will help you: Figure out what isn't working in your life, and the keys to fixing it. Build personalized strategies for managing your time, tasks, and relationships. Learn organizational habits that work for you. Stop communicating poorly, making impulsive choices and taking pointless risks. Eliminate negative thinking patterns that waste your mental energy. Create environments that support your challenges. Make the most of both medical and nonmedical resources (medication, coaching, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change). With inspiring stories of real people who have adapted and thrived using the methods in this book, FAST MINDS will help you create the kind of life you want to live.

## Book Information

Paperback: 352 pages

Publisher: Berkley (June 3, 2014)

Language: English

ISBN-10: 0425274063

ISBN-13: 978-0425274064

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #142,005 in Books (See Top 100 in Books) #95 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #196 in Books > Parenting & Relationships > Special Needs > Disabilities #475 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

“Finally, somebody gets ADHD!”  
•Patricia Quinn, M.D., director, Center for Girls and Women with ADHD  
“[An] easy-to-read, yet sophisticated guide to what will help you most if you have ADHD| A superb book.”  
•Edward Hallowell, coauthor of Driven to Distraction  
“A great resource for adults with ADHD and their loved ones. This book offers clear, effective, solution-focused strategies for dealing with the challenges of ADHD.”  
•Kathleen Nadeau, Ph.D., coauthor of ADD-Friendly Ways to Organize Your Life

Craig Surman, M.D., is an expert on ADHD in adulthood. He is an assistant professor of Psychiatry at Harvard Medical School and scientific coordinator for the internationally recognized Adult ADHD Research Program at Massachusetts General Hospital. Tim Bilkey, M.D., is a physician specializing in adult ADHD, having completed more than thirty-four hundred assessments. He is an international presenter and has produced two films on ADHD. He started one of the world's first ADHD clinics for women. In 2009, he developed a nationally accredited educational program for the rapid recognition of ADHD in adults called FAST MINDS. Karen Weintraub is an award-winning journalist and a freelance health writer for the Boston Globe, USA Today, and other publications. Ms. Weintraub also teaches journalism at the Harvard Extension School and Boston University. Her first book, The Autism Revolution, was also published by Harvard Health Publications.

I was diagnosed several years ago with adult ADD/ADHD and tried various medications to help focus both my daily life and my life in general. The side effects of Adderall and similar drugs were not worth it. I live a fairly comfortable life, so although I could see the problems my "condition" caused, they weren't debilitating to the point of that they absolutely had to be dealt with. However, my life continues to be a mass of a thousand interests, hundreds of unfinished plans and projects, hyperfocusing on the distraction of the day while ignoring matters of import in my life, etcetera. In many ways, my life is passing me by while I live in a whirl of distractions and impulsive actions. I managed to acquire an advance copy of this book (I am a book dealer) and was just taken aback by what the title - an acronym - translates to: FAST: Forgetful. Achieving below potential. Stuck in a rut. Time challenged. MINDS: Motivationally challenged. Impulsive. Novelty seeking. Distractible. Scattered. My reaction: "Wow, this is my life. Exactly. Every single letter." I vaguely remembered the symptoms of ADD/ADHD but it had been years since I had learned what they were. To see them in

this way - your life described in an acronym - was, however, startling. The very fact that I read an entire 350-page book in the course of several days is actually the highest praise I can give (99% of books are never even half-finished in my world). The authors are engaging and you immediately know that THEY know what your life is like and the problems you have (as opposed to a dry 'How to fix your ADHD' textbook). While most self-help authors have a novel "key" that they've "discovered" to "cure" your problem, these authors offer multiple pragmatic remedies and techniques for you to try and choose, all based on the latest studies of ADHD patients. This is a thorough, comprehensive guide to help you, not a brief overview of ADHD nor a gimmicky pop psychology book. Some techniques seem overly simple, but in the limited practice I've had, seem quite effective: trying to simply control your thinking patterns, for example. An ADHD mind is like a wild pony in many ways and this one technique alone seems to help tame that pony. Another technique I liked was organizational habits for the ADHD mind. There are dozens more. There is a steady inspirational tone throughout the book, with success stories of people whose lives were changed with these techniques. If your life is anything like mine (F.A.S.T. M.I.N.D.S.), I strongly encourage you to read this book. While there is no guarantee that you (or I) will stay focused long enough to allow these techniques to work, it is pretty much a certainty our lives won't change if we don't give it a try.

I really am enjoying this book. It has a lot of helpful tips and I feel it really touches on all the issues that are involved with this disorder and really makes it easy to understand. It has helpful tips for people who aren't ADHD when dealing with someone who is. I highly recommend this book. I have researched a ton on the subject and never quite thought a book would be useful since there is so much of the same information available online. This book is different. It goes beyond the diagnosis and helps with the actual self-treatment process.

This book does a great job of presenting the information in a way that is clear to someone with ADHD; bulleted lists, simple exercises, and lots of small sections keeps your attention while stories give make you feel understood. Reading this has helped me to move forward with my life with ADHD.

I am 59. I was diagnosed at 46. It made a lot of sense. This book more than any other I've read on the subject addresses all aspects and gave me a much better understanding of myself and the effects of ADHD.

I ordered this book for myself and dear friend who has been struggling with ADD for many years. We both thoroughly enjoyed reading it and learned a lot from it. I highly recommend this book for anybody even those who are curious to know a little about it even if you yourself don't have the symptoms of ADD or ADHD or know someone that does it's a great informative read.

Insightful, well written, and revealing. Some descriptions are too close for comfort - I wondered whether he'd been watching me.

You need this tool for your challenge

I have relatives, friends, bosses who I thought had this and even myself. Very quick read, easy to understand and very informative on steps to control this condition.

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