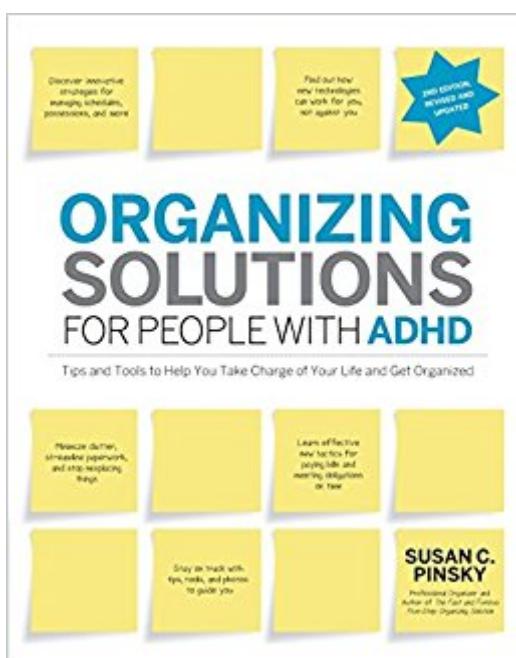


The book was found

# Organizing Solutions For People With ADHD, 2nd Edition-Revised And Updated: Tips And Tools To Help You Take Charge Of Your Life And Get Organized



## **Synopsis**

ADD, Attention Deficit Disorder and ADHD, Attention Deficit Hyperactivity Disorder, are prevalent in society today, afflicting about 4.4% of the adult population, which is over 13 million Americans. Four out of every five adults do not even know they are ADD, and while it is often difficult to differentiate adults with true ADD from adults who are merely forgetful and disorganized, *Organizing Solutions for People with ADD* outlines new organizing strategies that will be of value to anyone who wants to improve their organizational, or lack of, skills in their life. The chapters consist of practical organizing solutions for ADD at Work; prioritizing, time management, and organizing documents, ADD at Home; paying bills on time, de-cluttering your house, scheduling and keeping appointments, ADD with Kids; driving them to various activities, grocery shopping and meals, laundry, babysitters, organizing drawers and closets, and ADD and You; organizing time for your social life, gym, and various other hobbies and activities. Color photographs that capture the short attention span of the reader are featured throughout, as well as sidebars and testimonials from adults with ADD, providing numerous organizational tips, such as, the importance of dividing time into minutes or moments, task completion, how to avoid procrastination, asking for help, and how not to be a packrat.

## **Book Information**

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## **Customer Reviews**

Pinsky brings real-life experience to her topic. Not only is she a professional organizer and member of the National Association of Professional Organizers, but she is also the parent of a child with

attention deficit disorder (ADD). These two roles led to her creating simplified organizational systems specific to the needs of those with ADD. The book's first section explains her organizational methods; the second targets specific areas, rooms, or events that are common to almost everyone and typically present a challenge to organize and keep organized. Pinsky uses an abundance of before-and-after color photographs as well as yellow Post-its®-styled notes to highlight tips for organization. Her organizational philosophy can apply to everyone, not just those with ADD. This book is easy to read, and the pictures clearly depict the look of organization. Highly recommended for all public libraries. - Library Journal January, 2007

Susan C. Pinsky is a top professional organizer and author of *Organizing Solutions for People with ADHD* and *The Fast-and-Furious 5 Step Organizing Solution*. She is a member of the National Association of Professional Organizers (NAPO), as well as NAPO New England. She lives in Acton, MA with her husband and three children. You can find her at <http://www.organizationalyours.com>.

I'm not a big book reviewer, but this was one that I needed to comment on...Theory is nice, but I'm tired of wasting my time reading literally dozens of books over the past 15 months that explain why I'm like I am (I have ADHD) but that don't provide practical, actionable things that I can do to get around my ADHD roadblocks. This one of the two books that I keep referring back to (the other is *Your Life Can Be Better, using strategies for ADD/ADHD* by Douglas Puryear--just one tip in Puryear's book has saved me about 100 hours this year). And, as I said, Pinsky's is the ONLY useful book I've read about how to handle paperwork & office organization, which is the bane of my existence. For a year I went with an intermediate version of her "filing" strategy and put my paperwork in monthly folders. I was just afraid that I'd lose something, as I always had in the past. I've since gone with the basket strategy, and it's working just fine. Try it--come over to the Dark Side...you'll never go back to (not) filing/stacking your papers everywhere because you are loathe to file them, again!No, the author doesn't have ADHD, but she totally gets us. I've implemented many of her suggestions, and I keep referring back to the book and implementing more. It's almost too much to digest at once. (Puryear's book is like that, too.)Yes, she tells us to toss a lot of crap, but when you think about it, we really need to anyhow. Purging really helps with clutter, distractions & the stress caused by all of our "stuff."She has some of the most useful tips for those of us suffering from ADD/ADHD that I've read. I can't say enough good things about this book.

I have ADHD and have been rather hopelessly disorganized all my life despite the dozen or so books I have bought (and read) on the subject. This book has quite literally changed my life. I understand it, and Mrs. Pinsky understands ME. I now understand why the other books weren't effective for me, and why a few things I had tried (over-the-door hooks) worked amazingly well. This is not one of those books where you are supposed to spend a ton of money on organizing doo-dads to make all your stuff fit better; the first thing she recommends is that you throw a lot of it away. A whole lot of it. It is much easier to organize your stuff if there isn't much of it. Why didn't I think of that? The organizing tools she recommends are a hammer and nails and inexpensive bins you can buy nearly anywhere. The advice is brilliant- and you have probably never heard this advice before either- I certainly hadn't. I nearly cried with joy when I read the advice about the socks. My non-ADD mom has never understood my loathing of sock sorting and laundry in general. I modified the advice to fit our situation of course- oldest son has crew socks and batman underwear, youngest son has taller socks and ironman underwear. Sounds simple but it has made laundry sorting much more bearable at my house. The advice about the paperwork basket- can I tell you how brilliant this is? Not only do I have a clean desk because I am not afraid to trash the one important thing in the avalanche of papers my kids come home from school with; when I DO realize if have trashed something in error (like this morning) I can get it back. Ingenious- or actually common sense. Why didn't I think of this?? I fortunately found this book when we were in the planning stages of building a house- I actually altered a few things in the house plan to accomodate the ideas in this book. I also threw out an unbelievable amount of stuff. Truckloads. I know the ladies at the local thrift store by name thanks to the nearly daily trips I made donating stuff. Moving day was a much more pleasant experience after throwing out probably a third of the things we own- things we didn't even need. And guess what? I can find all of my stuff. It all fits in the drawers and cabinets- In fact, I have EMPTY drawers and cabinets. It is a piece of cake to put my things away. I no longer buy things that I think I might be out of, I know exactly what I am out of because I can see it all. I even shop differently now. After throwing out so much stuff, I am much more careful about what I do buy- I consider whether I need the item or whether it will just become clutter and need to be tossed the next time I purge. Was it hard? Sort of. It was sometimes hard to throw away expensive items that I just didn't want or need, but after I got past the guilt it was actually fun! I now know that I can find everything in my kitchen, the lid to every tupperware container, and every single item in my closet fits and looks great- how awesome is that? Someone came to see my new house the other day and said "wow- you are so organized!" For a minute I thought they were being ironic, because no one had EVER said anything like that to me before- but my house actually IS organized now! I find myself losing

things less frequently, and when I do lose them, finding them more quickly because there aren't random piles of stuff everywhere with no home. Thank you, Thank you, Thank you Ms. Pinsky for writing this book! I do think this book would be helpful for people without ADD, and everyone with kids, but for many people with ADD, this will be nothing short of a miracle. It is NOT much different from the 2006 book though, so if you already have that one no need to re-buy.

This book gets straight to the point (it needs to, considering the audience). I found it very helpful in sorting out my home, and letting go of the idea that my home needed to look like a post in 'Apartment Therapy' .

I bought this book and others in preparation to start my home organizing business. I am a retired teacher, but knew I could use help with organizing for people with ADD/ADHD. This book has at least one concrete suggestion for each organizing hurdle this population is challenged with. Some, I had already learned as a teacher, but not the majority by any means. I recommend this book to organizers, teachers, parents, and people with ADD/ADHD and other chronic organizing challenges.

I'm always looking for ways to help me clean and organize my small home. This book had awesome tips for clearing clutter and organizing my home so I'm not left frustrated all the time because I can't find things. This is a big issue for people with ADHD like me. Sometimes the conventional way is not the best way and this book helped me to realize that. I've already put some of the tips into practice and I find that I now can clean my house in half the time it took me before.

I have ADHD and I'm in my 30s. I have struggled with staying organised my entire life - even when medicated. This book both confirmed the sense of some of the techniques I use which are unpopular with people who have to live with me, and also gave me some stricter boundaries to improve. I'm going to make all my loved ones read it now too.

I hope to remember to re-visit this review in order to better report my hopeful successes, but many of the suggestions in the book are just good sense combating some of the organizational challenges of ADHD.

Awesome book. Very easy to read. Descriptions are perfect and the tips are priceless. The book is very blunt which is exactly what individuals with ADHD NEED! No more coddling, blaming, or

excuses. Just fix it! This book breaks areas down into manageable areas so it's not so daunting.I will be ordering additional copies for friends and relatives.

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