



Overcoming Distractions: Thriving with Adult Attention Deficit Disorder

David A. Greenwood

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We know that Attention Deficit Disorder makes it tough for children to focus in school. But what happens when those kids grow up? How can they make the transition to a successful professional life? And how can newly diagnosed adults meet the challenges of the workplace? David Greenwood, an ADD sufferer who now works as a well-respected PR consultant, answers the question for anyone who wants to thrive with ADD or ADHD—not just survive!

Learn how to:

- Identify the major features of Attention Deficit Disorder and become aware of how they affect aspects of adult life, particularly in the office
- Tailor a career to minimize the effects of those symptoms
- Highlight the *positive* characteristics of Attention Deficit Disorder, such as hyper-focusing and creativity, and leverage them to achieve professional success

Overcoming Distraction includes plenty of case studies, testimonial from ADD/ADHD specialists, and numerous action plans for making Attention Deficit Disorder work for you.

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