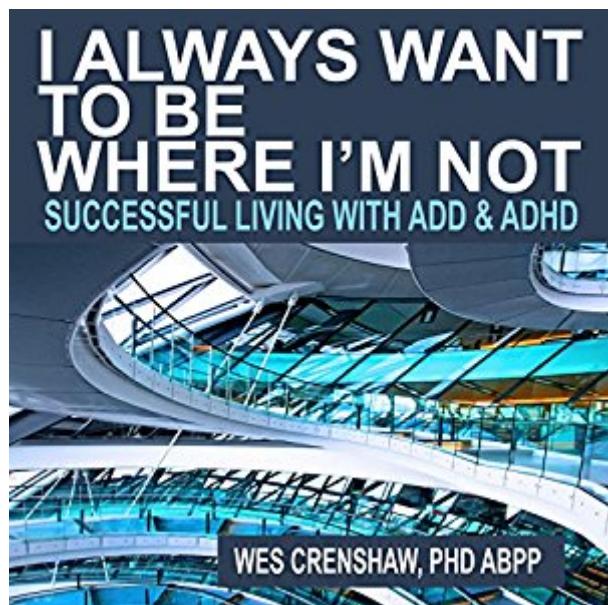


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# I Always Want To Be Where I'm Not: Successful Living With ADD And ADHD



## **Synopsis**

Dr. Wes Crenshaw offers thirteen principles for successful living with ADD and ADHD drawn from twenty-two years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients. Written in an entertaining, conversational style for readers aged fifteen to thirty, Dr. Wes pulls no punches in confronting the cognitive, social, emotional, and academic pitfalls people with ADD face every day. He also helps families, friends, and romantic partners understand a diagnosis of ADD not as something to fear or an excuse, but as a first step on the path to a better tomorrow. His principles include accepting here and now, living intentionally, making mindful decisions, recognizing and taking the right path and not just the easy one, wanting rather than wishing, finding and following life's instructions, managing crises, taking responsibility, attaining character through radical honesty, and creating sustainable happiness through organized thinking and living. Finally, Dr. Wes guides you and your loved ones in how to better manage relationships, seek a good diagnosis, utilize therapy, and become your own expert on medication management. Have you been diagnosed with ADD or ADHD or do you suspect you should be? Do you really want to start solving your many riddles and living a more successful and productive life? This book is for you. Does your partner, child, roommate, or friend have ADD? Do you wonder what's going on in his or her head, and you really want to understand the secret code so you can better love him or her? This audiobook is for you. Are you a little scattered or organizationally challenged? Do you struggle with details, follow-through, or in converting ideas into results? Do your people see you as fun and energetic, but uncommitted and difficult to pin down. Maybe you're an "ADD-leaner." This audiobook is for you.

## **Book Information**

Audible Audio Edition

Listening Length: 9 hours and 55 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Family Psychological Press

Audible.com Release Date: November 3, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00P6O0CGW

Best Sellers Rank: #26 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit &

## Customer Reviews

I love someone with ADD, and this book was very helpful to me. This is an excellent resource for both those who suffer from this affliction, and the people - like me - who suffer along with them. (And let's face it, we know which group is more likely to read it to the end!) Dr. Crenshaw knows his audience, he includes a checklist near the beginning of each chapter, to help the patience-impaired reader determine if the chapter will be helpful to him or her. He puts abstract concepts into concrete terms by building his lessons around the experiences of real people trying to cope with their unruly minds. He offers practical tips on organization, time-management and budgeting, side by side with straight talk about ethical behavior, truthfulness and personal responsibility. The thing I appreciated most about this book is Dr. Crenshaw's honesty: This is not "Cure Your ADD in Ten Easy Steps." He is forthright about the clients he was unable to help. The back of the book has the follow-up story to each client whose office visits he details. (I found myself reading ahead, I wanted to know right away what happened.) Not everyone has a happy ending, and Dr. Crenshaw never pretends that ADD is anything less than a potentially debilitating condition. That said, he provides a great tool for those motivated to overcome it.

Being a woman in my mid twenties struggling with ADD, I often find it difficult to come across material that is really helpful to me, i.e. something not outdated that focuses on my age group and, also, something that I can absorb and not find myself quickly disregarding. 'I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD' is not one of those books. I was impressed at how helpful it has been with its relatable stories, clearly outlined guides, and the always fun check box sections (although perhaps the latter is a little bit of the ADD in me). Not only is this helpful to a young ADD audience however, it is extremely beneficial to an older audience as well as those with loved ones struggling with ADD/ADHD. Dr. Wes Crenshaw does not disappoint, and I wish I could have come across knowledge like this sooner. I would highly recommend this book to anyone considering it.

While reading this book, I couldn't help but see a little bit of myself in each of the chapters. This is probably because I have ADD, but that is what makes this book so perfect for those with ADD or those who have people with ADD in their lives. Each chapter gives a story of someone who has

ADD that Dr. Wes worked with and discusses an area of life that the person struggled with or a situation that they used to learn how to cope with their ADD. This helps so much with being able to identify your own ADD tendencies or those of someone you know and care about. At the beginning of each chapter Dr. Wes has a checklist to help you determine if the chapter will be helpful to you (I suggest reading every single word in the book because they're all incredibly helpful and insightful). Not only that, but Dr. Wes takes it another incredible step further by talking about the advantages of having ADD. This is something I absolutely love since most things on ADD only talk about what's wrong with those who have it and how to cope with your problems. Instead, Dr. Wes provides a way to manage the not-so-great ADD tendencies and embrace the differences that can actually make us ADD folk a little ahead of the rest of the world instead of behind like we always tend to feel. This book is fantastic for those with ADD who are trying to understand themselves better. It is also fantastic for those living with people who have ADD because (coming from a fellow ADD gal) nothing feels better than having those you care about understand you instead of getting angry at you about all the things that make you different that you can't help. A quote Dr. Wes used in his book goes, "One might be led to suspect that there were all sorts of things going on in the Universe which he or she did not thoroughly understand." -Kurt Vonnegut. Take the time to read this book and thoroughly understand ADD. It's worth it, I promise.

ADD is more than just inattentiveness. This book really clarified the condition and helped me see my ADD and anxiety leaning ADD family members differently. FINALLY, I understand. Now I know what is helpful and what is a waste of effort. I really needed that.

I found this book to be informative about how ADHD people think and don't think. I wish I could have read this years ago. I might have done some things differently in raising my son. I would recommend this book to anyone with ADD or parents of an ADD child.

I imagine that reading this book is a lot like having a one-on-one session with Dr. Wes Crenshaw, but one that you can consult and flip through at will using the incredibly in-depth table of contents. The structure of the book itself could be a lesson in organization, making it easy to find the sections--and the sections within sections--you're looking for. Dr. Wes also includes a quiz at the beginning of each chapter to help you find out which chapters will be most helpful to you, though as someone who doesn't have ADD (but knows many people who do), I was particularly interested in the book's discussions of how an ADD person can build successful relationships with family, friends,

and romantic partners, and vice versa. Dr. Wes will talk to you like both a close friend and an NCAA coach--which is sometimes exactly what you need from a close friend. I'd recommend this book to anyone whose life and relationships have been directly or indirectly affected by ADD. If you have ADD, share it with your friends and family. Dr. Wes makes it clear that "successful living with ADD & ADHD" is a team effort, and he's part of your team.

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