



# **The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents**

*Nancy A. Ratey*

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## **The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents** Nancy A. Ratey

For the millions of adults diagnosed with ADHD The Disorganized Mind will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around.

The Disorganized Mind addresses the common issues confronted by the ADHD adult:

"Where did the time go?"

"I'll do it later, I always work better under pressure anyway."

"I'll just check my e-mail one more time before the meeting..."

"I'll pay the bills tomorrow - that will give me time to find them."

Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change - this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible.

Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

For information and resources, please visit [www.nancyratey.com](http://www.nancyratey.com)

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## **The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents Details**

Date : Published April 1st 2008 by St. Martin's Press (first published 2008)

ISBN : 9780312355333

Author : Nancy A. Ratey

Format : Hardcover 283 pages

Genre : Nonfiction, Psychology, Self Help, Health

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# **From Reader Review The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents for online ebook**

## **Jay says**

I read this to get insights into the thoughts of one of my loved ones with late diagnosis ADD, and what I learned was as much about me as them. One of the insights here is, not surprisingly, that dealing with the dimension of time can be difficult for those with ADHD. The author provides a number of tactics to deal with this issue, including creating a habit of planning and including some regular notification of the passage of time, like the ringing of an hourly alarm on a watch. I find that these tactics would work well for me as well, as I tend to get carried away by trivial pursuits, forget to consider travel time, and other symptoms as discussed here. Those are just examples. The book discusses quite a range of behaviors. I found the book quite useful. I listened to the audio version, and I found that the stories were quite interesting, but the organization was more for flow than for conciseness. Easy to listen, but easy to forget the points. I found myself re-listening to sections a few days later to remember examples and suggestions. For this reason, and given there are a few lists and todo sections in the book, this may be best read and not listened to.

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## **Lynne says**

While having a lot of the diagnostic and anecdotal content that is not my primary interest, I found that this book did three things that I found valuable: it explained the range of habit and emotional manifestations of ADHD well (especially for someone like me who's not had a formal diagnosis), it offered some very useful coping strategies and tools, and it communicates to the spouse or co-worker why they experience what they do. I also appreciate her inclusion of a bibliography with some references to original research.

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## **Lisa says**

If you think someone with ADHD writing about ADHD, aimed at an audience who have ADHD would be a colossal mess.

You would be right.

Ratey meanders from topic to topic such as she will spend a paragraph discussing how terrible her dyslexia and ADHD are and hurting her academic life, then OMG. SHE GOT INTO HARVARD! Another paragraph how she spent her entire life living with military precision but once she got into college, she would spend hours shuffling papers about preparing to study. So she went from 18 years of living a very organized, timed, military life to a slob in under a semester? Really?

Once you get past the meandering, unrelated chit-chat and her overuse of her clients for examples, she has some good strategy to manage your ADHD and how to make it work for you. But I couldn't get past the touchy feely attitude and the poorly organized book to get to the meat of the matter. I also found the content structured to be distracting which makes reading this tile, a book on helping those with ADHD, a joke.

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### **Katie says**

May I just say that she has several tips that I thought were absolutely brilliant & I cannot wait to attempt to apply them. The one about driving somewhere & parking & then taking out your laptop to do work on it until the battery dies because we (people with ADD) do better under pressure was awesome.

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### **Daniel Stern says**

I can safely say that this book does have some helpful suggestions for compensatory strategies. However, all of these are cast through the lens of the author's "clients;" all of which are upper-middle class/top earner types who can afford an ADHD coach.

Expect to hear long-winded tales of people who have live-in nannies, lament their friends don't want to accompany them on their frequent vacations due to ADHD related outbursts, or rely too much on their personal assistant. In fact, one of the author's suggested strategies is to actually HIRE a personal assistant! Who has the funds for that?

There isn't one lick of advice tailored to everyday working folks struggling to get their symptoms under control. To get anything out of this book, you'll have to work around the descriptions of her client's success and lifestyle to find the core strategies that are offered. The author even goes on at length about her Ivy League education and her world-traveling family. That's great that the author was born into a family that offered her the luxury to pursue a secondary education for years and years, and she'd seen a good chunk of the world before that, but I didn't purchase this book to listen to the author brag.

If you grew up poor or don't make a six-figure income, the stories in this book can become infuriating as your lack of sympathy grows stronger. If you can fight past those feelings though, there are some good ideas to find

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### **Heather Long says**

This took me a while to read, not because it wasn't interesting, but because I was trying to decide if I wanted to do the exercises or continue reading. I had checked it out from the library, but after renewing a couple times, purchased it for myself because I wanted to make notes in the book.

There is so much in here that is so relatable and genuinely good tips & ideas. Now I'm going to get a notebook and work through the exercises and make notes. This is the ADHD workbook I was looking for.

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### **Sally says**

"...Remember, [this is] a process, and the changes you seek happen not instantly, but incrementally over time, sometimes a very long time. Because ... trial and error is an inherent, and time-dependent, part of the

process." p. 75

On the one hand, this is NOT what an impulsive, supernally distracted, impatient person with ADD wants to hear.

But on the other hand, quite validating that it does take great effort to manage attention quirks, and my efforts will not be in vain.

What was I saying again?

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John Ratey's brain commentary:

time mismanagement, p. 102

procrastination, p. 130

impulsivity, p. 156

distractibility, p. 184

transitions, p. 205

time mismanagement

frontal lobe (specifically dorsolateral prefrontal cortex): executive function, including time management and working memory. In ADHD brain, underaroused.

cerebellum: time/rhythm, in ADHD, time perceived as choppy

basal ganglia: shifts from idea to idea; in ADHD brain, can get "stuck" on an idea.

procrastination

frontal lobe, or "working memory," problems can lead to insufficient RAM, or constantly erased working memory. Last minute stress and adrenaline works to up dopamine, so the frontal cortex gets "switched on."

impulsivity

in youth, decisions and responses often engage the limbic area, or emotional brain. When mature, decisions engage the frontal cortex, the rational brain. In ADHD brain, frontal cortex is slow to respond, so emotional brain gets dibs.

distractibility

frontal cortex is also supposed to block or inhibit other stimuli while otherwise concentrating. In addition, lower dopamine in the striatum, the reward and motivation area of brain means it's difficult to stay fixed on a topic. Other, newer, more rewarding distractions often win over the current, more important task.

transitions

amygdala is "intensity button" in brain. frontal cortex modulates the amygdala. In ADHD brain, amygdala is overreactive, and frontal cortex is sluggish, so feeling unprepared for transitions can cause mini panic attacks.

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Symptoms I relate to, and what might help:

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**Dan Burt says**

3.5 stars.

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**lovemonicarose says**

I did learn quite a few things but like some of the reviewers say, it does get disorganized throughout especially near the end. Ironically, it wasn't ADHD friendly anymore. Not bad if you can get through it though.

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**Theresa says**

I have joked for years that I have ADHD (self-diagnosed of course), but those who know me might find it hard to disagree. And now that I've read Ratey's description of the ADHD adult, I'm convinced.

I didn't really think about the fact that instant gratification and irritation could be symptoms of ADHD. For me, it was always procrastination and a serious lack of focus. The fact that I have so many tabs open in my browser (and the browser in my head), the inability to finish a story or a sentence because my mind had moved on to something else, and world-class procrastination was all the evidence I needed to self-diagnose.

Ratey has been actually diagnosed with ADHD and works as a coach for those that have also been diagnosed. They are executives and professionals who seek her help to work with their ADHD rather than be ruled by it.

Her process is helpful for those with ADHD and those who just have too much to do and too much stimulation in this tech soaked world. She proposes ANSWER (Acknowledge, Narrow (focus), Strategy, Evaluate and Repeat). This evaluation and self-awareness will help me get more done, I'm sure. What I'm not sure of is if it will make my stories make more sense....

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**Marion says**

I started to read this - and it was good! - but I got sidetracked, then it was due back at the library. Guess I better borrow it again and learn how to be a bit more organized...

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**Laura says**

I listened to the audiobook version, and would have skipped much of the author's initial biographical story if I'd been reading a visual version. That information was fine, but it could've been much shorter, and she had good qualifications and experience that I trusted right away. I found her client's stories most useful--and

actually comforting--because it reminded me I'm not alone in my struggle to deal with ADHD. Really liked the strategies as well. One I implemented immediately is the year-view wall calendar. It's pretty striking to see deadlines laid out so clearly. Recommend for ADHD adults--but also for parents of ADHD kids. It clearly explains that ADHD is not something that will ever go away, but something that can benefit from strategic actions.

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### **Mike says**

If you have ADHD symptoms every part of this book will help. It is a stellar example of how a person with challenges can use those challenges to be a success.

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### **Jake Crenshaw says**

The A.N.S.W.E.R. is beautifully thread through the whole book! The author, herself writing from an ADHD perspective to the ADHD audience is masterfully delivered. Refreshingly not written like the typical neuro-typical brain would write. Is it a little scattered? Is she open and vulnerable? Yes and yes. I found a great level of connection with the author as she shared her authentic experience and solution or 'answer' to her ADHD and it would appear that she is spot on, all the way through! Excellent read whether ADHDer or not.

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### **Cara says**

A useful and engaging book for anyone who has (or knows someone) with ADHD. The book is full of graceful encouragement for people who have asked themselves, "Why do I always do this!" or have faced frustrations or regrets due to struggles from their ADHD. Ratey explains things in a way that enables the reader to separate themselves from their ADHD while also providing a structured approach (the ANSWER) for tackling the difficulties that can arise from their ADHD. Numerous case studies and examples are given from start to finish, illustrating the difficulties that led people to coaching, the underlying symptoms leading to the difficulties and the strategies that Ratey's clients used to overcome them.

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