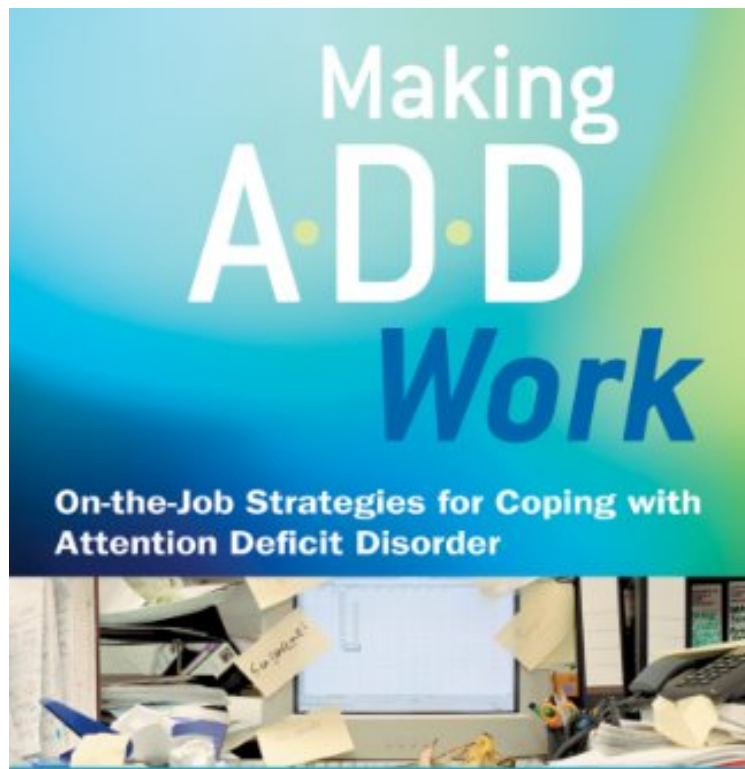


Making ADD Work: On-the-Job Strategies for Coping with Attention Deficit Disorder

Blythe Grossberg

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- **Develop skills to stay organized**
- **Find the right work environment**
- **Get help when you need it**
- **Turn your strengths into a satisfying job—and lifelong career success**

Blythe Grossberg, Psy.D.

Preface by David Neeleman, CEO of JetBlue Airways

Foreword by Terry Matlen, M.S.W., A.C.S.W.

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Blythe Grossberg : Making ADD Work: On-the-Job Strategies for Coping with Attention Deficit Disorder before purchasing it in order to gauge whether or not it would be worth my time, and all praised Making ADD Work: On-the-Job Strategies for Coping with Attention Deficit Disorder:

5 of 5 people found the following review helpful. Nothing new here By Sherol If I were unable to use the internet this book would have been great. This information is largely the same information you can find on websites such as

askjan.org for free under the Attention Deficit Disorder section. They also cover a host of different disabilities that may coexist with ADD. Better books on this subject are available, but time spent searching information on the internet beginning with the Job Accommodation Network (JAN) is a must. 12 of 12 people found the following review helpful. Not as good as I had hoped By Holly I had such high hopes for this book guiding me through some very challenging times at work. While I gained some valuable tips from Making ADD Work:... All in all it has not been as helpful as some of the other books I am consulting. It comes off as more of a discussion group than a true problem solving solution. 5 of 11 people found the following review helpful. Step by step By Sparerib Among all books on autism or ADD I've ever read, this book best fits my feelings. There are several aspects informative how to live a social life with ADD. On the other hand, contents whole refers to a couple of cases from employees at workplace to CEOs or founders. This shows, I think, the author intend to let us, ADDers, know how we are going on. Step by step is essential. I wish Dr. Grossberg to write down a new one on ADD based upon brain science viewpoints.

Career consultant and psychologist Blythe Grossberg offers advice on managing A.D.D. symptoms that arise during daily work routines-and provides insights from well-known entrepreneurs, CEOs, professional athletes, and others afflicted with the condition who paved their way to success.

About the Author Blythe Grossberg, Psy.D., is a career consultant with a doctoral degree in Organizational Psychology who specializes in adult attention deficit disorders. She has written for Boston Magazine, Radcliffe Quarterly, and Travel Leisure, and has worked for The New Yorker. She is a member of the National Attention Deficit Disorder Association (ADDA) and has conducted a two-year study on A.D.D. adults in the workplace.