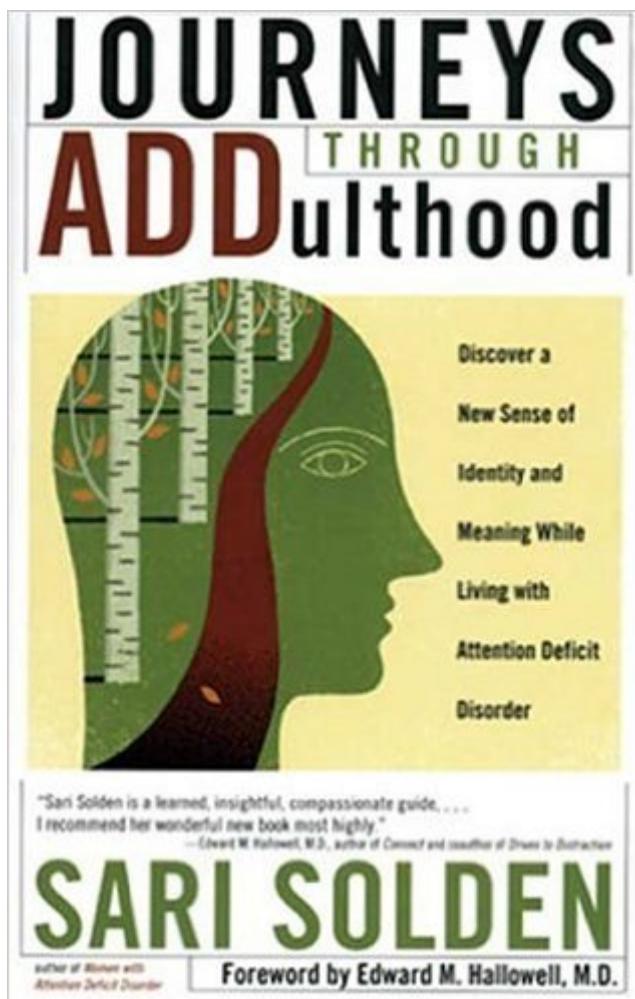


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# Journeys Through ADDulthood



## Synopsis

Sari Solden specializes in working with ADD adults and their partners. Her first book, *Women with Attention Deficit Disorder*, has sold more than 100,000 copies worldwide. Now, in *Journeys Through ADDulthood*, she takes a groundbreaking look at the emotional turmoil often precipitated by ADD and offers readers roadmaps to richer, happier lives. Although most commonly associated with children, attention deficit disorder (ADD or AD/HD) affects the lives of between 8 and 10 million American adults. Even years after diagnosis, many adults still feel discouraged because treatments tend to focus exclusively on managing or overcoming the symptoms of ADD rather than on teaching patients to lead a fulfilling life despite these differences. Sari Solden, who struggles with ADD and these issues herself, has spent the past twelve years focusing her work on the emotional challenges men and women face with ADD in their lives. *Journeys Through ADDulthood* is her profoundly empathetic and inspiring guide to living a rich and full life even as the effects of ADD remain. Living with ADD affects the development of one's view of self, especially for those not diagnosed until adulthood, after an entire childhood of feeling "different" without knowing why. There are no quick fixes. Solden takes a longer view of the challenges and sees living with ADD as an ongoing internal process. *Journeys Through ADDulthood* is a step-by-step guide through three stages, or journeys: toward understanding your brain and your primary symptoms; toward discovering your true identity and embracing your uniqueness; and toward learning to share your true self to connect with others. Illuminating her points based on the real-life journeys of two men and two women, Solden offers self-help exercises at the end of each chapter to point the way around common roadblocks on the road to empowerment, self-fulfillment, and the realization of long-buried dreams and goals.

## Book Information

Hardcover: 244 pages

Publisher: Walker Books; 1 edition (October 1, 2002)

Language: English

ISBN-10: 0802713769

ISBN-13: 978-0802713766

Product Dimensions: 5.3 x 1.2 x 8.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #1,522,503 in Books (See Top 100 in Books) #217 in [Books > Health, Fitness](#)

## Customer Reviews

I haven't finished reading it, but already I can't say enough about how much this book has helped me. If you are an adult struggling with ADD/ADHD this book is a must have, because it's one of the few that deals with the post-diagnosis dilemma. And adult who's diagnosed with ADD experiences many things at once; relief because there is now a name for what have likely been life-long problems, anxiety because a diagnosis naturally brings with it a change in self-image and a potential identity crisis, frustration because there is "treatment" but no "cure for ADD, etc., etc. While any number of books do a wonderful job of explaining what ADD is, or offering strategies to cope with the symptoms of ADD, few if any deal effectively with the inner-life and struggle of the adult who is learning to cope with the symptoms of ADD while simultaneously trying to craft a new identity post-diagnosis, and put the past and the present into context. Basically, few other books give advice on how to effectively get on with life after diagnosis. At first Soden's words may be hard to take. She matter-of-factly states that there is no "cure" for ADD, that it probably can't be "fixed" and that the symptoms will probably continue to cause problems for the adult with ADD. To her credit, she puts this as gently as possible, and offers the promise that what she has to say will help the reader stop trying to "fix" himself or herself, and gain a balanced perspective of self that will help him or her to move forward and live his or her best life while continuing to live with and struggle with ADD. Soden's central, and perhaps most powerful, message is simple: diagnosis is not identity.

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