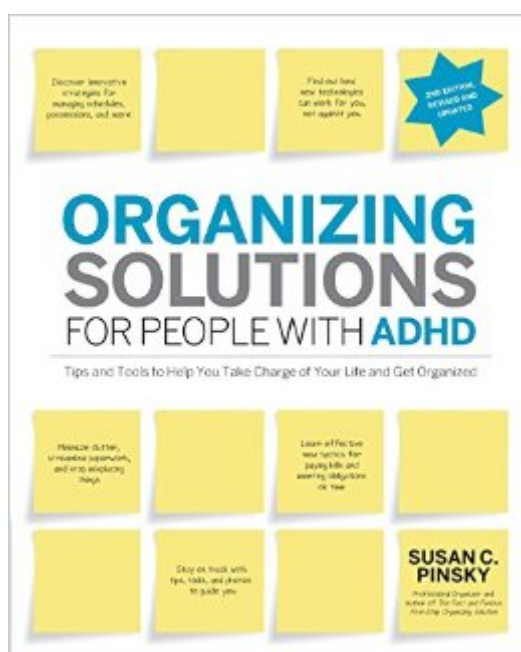


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# Organizing Solutions For People With ADHD, 2nd Edition-Revised And Updated: Tips And Tools To Help You Take Charge Of Your Life And Get Organized



## Synopsis

If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized. *Organizing Solutions for People with ADHD, 2nd Edition* "Revised and Updated" presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinsky, it outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Susan's practical solutions address the most common organizing dilemmas among her ADHD clientele, while also drawing on her own personal experience as the mother of a child with ADHD. Color photos, useful tips, and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span. Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

## Book Information

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## Customer Reviews

I have ADHD and have been rather hopelessly disorganized all my life despite the dozen or so books I have bought (and read) on the subject. This book has quite literally changed my life. I understand it, and Mrs. Pinsky understands ME. I now understand why the other books weren't effective for me, and why a few things I had tried (over-the-door hooks) worked amazingly well. This is not one of those books where you are supposed to spend a ton of money on organizing doo-dads

to make all your stuff fit better; the first thing she recommends is that you throw a lot of it away. A whole lot of it. It is much easier to organize your stuff if there isn't much of it. Why didn't I think of that? The organizing tools she recommends are a hammer and nails and inexpensive bins you can buy nearly anywhere. The advice is brilliant- and you have probably never heard this advice before either- I certainly hadn't. I nearly cried with joy when I read the advice about the socks. My non-ADD mom has never understood my loathing of sock sorting and laundry in general. I modified the advice to fit our situation of course- oldest son has crew socks and batman underwear, youngest son has taller socks and ironman underwear. Sounds simple but it has made laundry sorting much more bearable at my house. The advice about the paperwork basket- can I tell you how brilliant this is? Not only do I have a clean desk because I am not afraid to trash the one important thing in the avalanche of papers my kids come home from school with; when I DO realize I have trashed something in error (like this morning) I can get it back. Ingenious- or actually common sense. Why didn't I think of this?? I fortunately found this book when we were in the planning stages of building a house- I actually altered a few things in the house plan to accommodate the ideas in this book. I also threw out an unbelievable amount of stuff. Truckloads. I know the ladies at the local thrift store by name thanks to the nearly daily trips I made donating stuff. Moving day was a much more pleasant experience after throwing out probably a third of the things we own- things we didn't even need. And guess what? I can find all of my stuff. It all fits in the drawers and cabinets- In fact, I have EMPTY drawers and cabinets. It is a piece of cake to put my things away. I no longer buy things that I think I might be out of, I know exactly what I am out of because I can see it all. I even shop differently now. After throwing out so much stuff, I am much more careful about what I do buy- I consider whether I need the item or whether it will just become clutter and need to be tossed the next time I purge. Was it hard? Sort of. It was sometimes hard to throw away expensive items that I just didn't want or need, but after I got past the guilt it was actually fun! I now know that I can find everything in my kitchen, the lid to every tupperware container, and every single item in my closet fits and looks great- how awesome is that? Someone came to see my new house the other day and said "wow- you are so organized!" For a minute I thought they were being ironic, because no one had EVER said anything like that to me before- but my house actually IS organized now! I find myself losing things less frequently, and when I do lose them, finding them more quickly because there aren't random piles of stuff everywhere with no home. Thank you, Thank you, Thank you Ms. Pinsky for writing this book! I do think this book would be helpful for people without ADD, and everyone with kids, but for many people with ADD, this will be nothing short of a miracle. It is NOT much different from the 2006 book though, so if you already have that one no need to re-buy.

I'm not a big book reviewer, but this was one that I needed to comment on...Theory is nice, but I'm tired of wasting my time reading literally dozens of books over the past 15 months that explain why I'm like I am (I have ADHD) but that don't provide practical, actionable things that I can do to get around my ADHD roadblocks. This one of the two books that I keep referring back to (the other is *Your Life Can Be Better, using strategies for ADD/ADHD* by Douglas Puryear--just one tip in Puryear's book has saved me about 100 hours this year). And, as I said, Pinsky's is the ONLY useful book I've read about how to handle paperwork & office organization, which is the bane of my existence. For a year I went with an intermediate version of her "filing" strategy and put my paperwork in monthly folders. I was just afraid that I'd lose something, as I always had in the past. I've since gone with the basket strategy, and it's working just fine. Try it--come over to the Dark Side...you'll never go back to (not) filing/stacking your papers everywhere because you are loathe to file them, again! No, the author doesn't have ADHD, but she totally gets us. I've implemented many of her suggestions, and I keep referring back to the book and implementing more. It's almost too much to digest at once. (Puryear's book is like that, too.) Yes, she tells us to toss a lot of crap, but when you think about it, we really need to anyhow. Purging really helps with clutter, distractions & the stress caused by all of our "stuff." She has some of the most useful tips for those of us suffering from ADD/ADHD that I've read. I can't say enough good things about this book.

I never write reviews on , but this book warrants one. I was very excited about finding some organizational helps to combat the messes that accompany my ADD. What I found in this, however, is a book that can be summed up in one sentence...**THROW ALMOST EVERYTHING AWAY SO THAT YOU ONLY HAVE A COUPLE PANS IN YOUR KITCHEN, ENOUGH CLOTHES FOR ONE WEEK, AND NO CDs, DVDs, OR OTHER ENTERTAINMENT DEVICES.** I am sorely disappointed. While I think the author means well, she does not have ADHD herself, and I don't think she understands the creative aspect of some of the people with it. Her experience is based on her daughter, and, while I have no doubt that her methods worked very well with her daughter and with some others who need extreme simplicity in order to function, I don't think her suggestions are reasonable for those of us who want to live a full life, including creative endeavors and activities, and want ideas that will help us actually organize, instead of eliminate, those aspects of our lives. My suggestion is to skip this book unless you simply cannot handle having many possessions of any kind. In which case, she will certainly talk you through purging just about everything.

I've read so many books on ADD in a desperate attempt to get some feeling of control in my life. This one just clicked for me. It helped me understand why so many organizational systems have failed in the past and it offered practical solutions that really helped me a lot. Oddly, it offered more understanding of why I do things than most books on the subject. It's not a long read and most of the solutions are really helpful. A few didn't seem realistic. It is daunting to go through all of your belongings but her method is really easy if you follow it. When I read this, I was homeschooling three children. Our world was chaos. The book really helped me to recognize that my limitations were real AND solvable. I won't pretend my home looks like magazine shoot now. In fact, that's one of the goals this book dissuaded me away from. However, it is way more functional and tidier by far. I actually had to share picture of my space for a class the other day and many students commented on how organized I am...I had to laugh. Despite it's imperfections, this book changed my life.

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