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Queen of Distraction: How Women with ADHD Can Conquer ...

The Queen of Distraction is a solid read with short chapters and practical tips for women with ADHD. Not every single suggestion will be applicable for every single woman, but I think it does offer something for pretty much everyone who could use help managing their ADHD.

The Queen of Distraction: How Women with ADHD Can Conquer ...

The Queen of Distraction presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it ’ s at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD—the elements of this condition that are particular to women, such as: relationships, skin sensitivities, meal-planning, parenting, and dealing with ...

The Queen of Distraction: How Women with ADHD Can Conquer ...

The Queen of Distraction: How Women With ADHD Can Conquer Chaos, Find Focus, and Get More Done MP3 CD – 6 Oct. 2015 by Terry Matlen MSW (Author), Randye Kaye (Narrator) 4.4 out of 5 stars 90 ratings See all 9 formats and editions

The Queen of Distraction: How Women With ADHD Can Conquer ...

The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done by Terry Matlen, MSW (New Harbinger) Terry Matlen ’ s new book is a practical resource for women with ADHD.

The Queen of Distraction: ADHD Book Review

“ The Queen of Distraction is a must-read book for understanding how to deal with all the critical problems women with ADHD face daily. It is an appealing, practical, and easy-to read book written with insight, humor, and honesty.

The Queen of Distraction: How Women with ADHD Can Conquer ...

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I am an internationally recognized expert in the field of women with ADHD and the author of the award-winning book, “ The Queen of Distraction ” , and also, “ Survival Tips for Women with ADHD. ” I am passionate about what I do and have over 20 years in the field helping women with ADHD, women just like you and me.

Queens of Distraction Group – ADD Consults

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The Queen of Distraction: How Women with ADHD Can Conquer ...

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be The Queen of Distraction. And whether or not you ’ ve been formal...

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The Queen of Distraction by Terry Matlen MSW | Audiobook ...

The title of this review is the author’s main message in this book, which is a VERY basic introduction to ADHD in women. It has a LOT of white space and very large print and subtitles; it needn’t have taken up as many pages as it did.

Amazon.com: The Queen of Distraction: How Women with ADHD ...

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The Queen of Distraction Audiobook | Terry Matlen MSW ...

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