

The Queen Of Distraction



The Queen Of Distraction

“The Queen of Distraction strikes gold! It is the mother lode of wisdom, practical nuggets, humor, and insight. Terry Matlen is a true veteran of the ADHD saga. This book is authoritative, yet warm; up-to-date, yet timeless.

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

The Queens of Distraction and ADD Consults are both owned and operated by Terry Matlen. Additional services are available at www.addconsults.com. ****Disclaimer**** In requesting help from the Queens of Distraction/ADD Consults/Terry Matlen, ACSW, you agree that you are not in a medical or psychiatric emergency.

Queens of Distraction

The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done. Matlen doesn't stop there. She explores how ADHD influences relationships, sex, challenges at work, and motherhood. She also discusses the often-unrecognized challenges of sensory sensitivity and overstimulation, emotional sensitivity, and the effects of hormones on ADHD symptoms throughout a woman's life.

The Queen of Distraction: ADHD Book Review - ADDitude

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Read The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done

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 - Goodreads

About the Book. 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,...

The Queen of Distraction | NewHarbinger.com

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

Editorial Reviews. Dial 911 and along comes Terry Matlen's The Queen of Distraction to the rescue, offering a prescription to help these women overcome chaos, clutter, and other everyday challenges. Like a skilled surgeon, Matlen cuts to the core of the problem and offers relief. I would recommend this book to every woman with 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, discussing the elements of this condition that are particular to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing with out-of-control hormones.

The Queen of Distraction - audible.com

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the queen of distraction - journalistesdebout.com

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The Queen of Distraction: Our ADHD Book Recommendation

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Terry Matlen, Author - The Queen of Distraction

During this time, I also wrote two books: "Survival Tips for Women with ADHD" and the award-winning "The Queen of Distraction." (And yes, I had help — I worked with a writing coach. Otherwise they would never have been finished!) I love what I do. I love helping women with ADHD.

How ADHD Made Me the "Queen of Distraction" - Life Effects ...

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