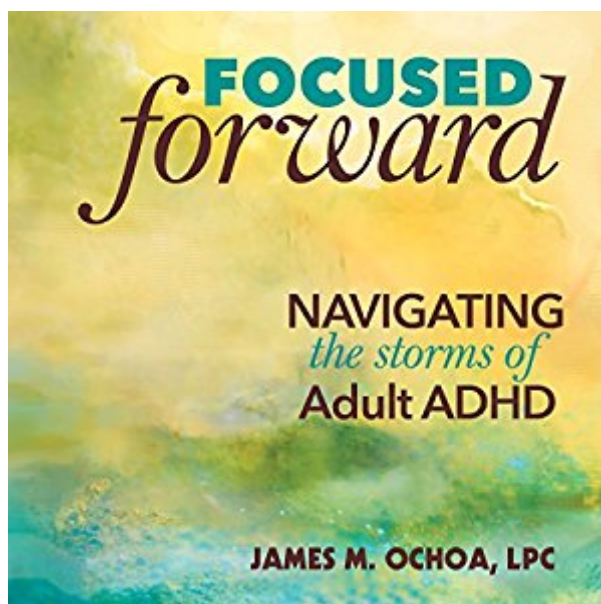


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# Focused Forward: Navigating The Storms Of Adult ADHD



## Synopsis

In *Focused Forward: Navigating the Storms of Adult ADHD*, author and self-proclaimed "ADHD-er" James M. Ochoa, LPC, goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers back - the emotional fallout of ADHD. He helps listeners identify, manage, and alleviate symptoms of a PTSD-like condition he calls emotional distress syndrome, with practical, proven advice including: Understanding the link between ADHD and emotional distress What emotional distress syndrome (EDS) feels like How to construct an emotional safe place How to recruit your own me support group Eight essential tools to help you cope And more.... With wisdom, humor, and plenty of (sometimes painful) empathy, *Focused Forward* will help adults with ADHD move past the pain and shame toward a future full of possibility, balance, and joy.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 42 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Empowering Minds Press

Audible.com Release Date: March 7, 2016

Language: English

ASIN: B01COAS3BG

Best Sellers Rank: #51 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #80 in Books > Parenting & Relationships > Special Needs > Disabilities #189 in Books > Medical Books > Psychology > Pathologies

## Customer Reviews

There are not enough words to express my love for this book. I was diagnosed in August 2015 (at the age of 44) with ADD. It was the missing puzzle piece that finally made my life start making sense. A couple of months later, I began medication. Skeptical at first, I soon realized that it made a HUGE difference in the way my brain functioned, it actually started functioning like I'd wanted it to my entire life!! Problem solved, right???! Wrong. As some with ADD understand, and I quickly realized, there is no "Fix" to ADD. It just IS. I struggled for several months, going from elated back to frustrated. I mean, I was diagnosed, I was on medication, wasn't life just supposed to "click" now? In February 2016, someone suggested I read "Focused Forward" by James Ochoa. At the time, I had

several books: How to Clean Your House, How to Organize, How to How to How to. So, I thought "Hey, what's one more book?". I will forever be grateful for the suggestion. As an adult with ADD, reading is hit or miss. If it's a Great book, I'm hyper focused and read it in a matter of days. If it's less so, I struggle and often put it down never to be picked up again. So, one of THE most important tools in our ADD tool chest, I made a strategy. I love to write, nothing specific, just pen going over paper. It's soothing...what better way to keep me (somewhat) interested than to take notes as I read "Focused Forward". While I didn't read the book in a matter of days, actually just finished it in the beginning of May 2016, I was drawn every day to pick it up. Some mornings (my designated time for this book), I didn't want to put it down!! "What's next?!", I just HAD to find out!

I will probably update this review as I haven't even finished the book yet. I will say, however, that I am very glad this book came out. I have had ADHD since I was a kid in the 70's. I am a female and was one of the early ones diagnosed with ADD officially in 1978. I was prescribed the usual Ritalin and then Dexedrine etc... but I have lived with an awareness and struggle my entire life that my brain worked differently. My emotions are like a tempest most days. I have had a few moments where I felt "normal" then spiraled back out. Over the past few years I have dealt with some seriously stressful LIFE situations that have pushed me to the edge. (Death of my mother and my stepfather buying and selling properties, making major changes in my life. In retrospect I probably should have backed off but I felt societal pressure to take these challenges to shift my life to get out of my rut... and it has almost broken me at times. This additionally hasn't help me feel stronger.. but rather more broken as I feel truly worried I will not be able to weather the storm. I started reading this book and I said to myself "wow, I am not alone" I broke down and started taking medication again a couple of years ago or so (after doing somewhat ok without medication) but with all the changes and shifts and pressures I couldn't do it. Yet all my efforts to try and manage my adult life and "perform" as others do so naturally has really shaken me to my core. I will try and write an update as I read further into the book. I will say, however, that I Have done EMDR with a clinician and I o feel it was helpful. I would have liked to continue that process.

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