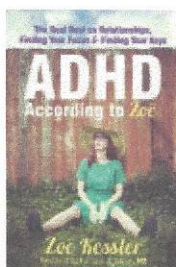


REVIEWS



ADHD According to Zoë The Real Deal on Relationships, Finding Your Focus & Finding Your Keys

By ZOË KESSLER

New Harbinger; \$16.95

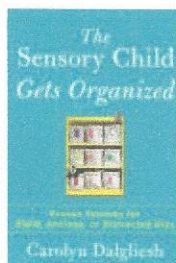
Women with ADHD will benefit in heart, mind, and soul from Zoë Kessler's *ADHD According to Zoë*. Kessler, a freelance writer and author of *Adoption Reunions*, was diagnosed with ADHD as an

adult. In this book, she shares her personal story of learning (often the hard way) how to thrive despite having ADHD.

Each of the book's 17 chapters chronicles an ADHD-related way of being, such as "Being Diagnosed," "Being Impulsive," and "Being Unconventional," and each chapter consists of three sections. First, Kessler gives a personal, sometimes funny, sometimes heart-breaking account of her own experiences with that particular ADHD trait. Next comes The Scoop, a synopsis of what she's learned about living with that challenge. The third section is titled Try This, her practical advice on dealing with the problem. For example, in "Being Fired: Worst Executive Secretary of the Month Award," Kessler describes taking, and losing, a job that she was ill-fitted for. In that chapter's Scoop, she explores the self-discovery that occurred as she moved from job to job, until finding her niche as a freelance writer. In Try This, she gives tips to help you find your niche.

Kessler's work is refreshingly honest and intimate. Women with ADHD will close this book feeling understood, connected, and, best of all, respected.

Reviewed by KAY MARNER, who contributes frequently to *ADDitude* magazine.



The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids

By CAROLYN DALGLIESH

Touchstone; \$15.99

Don't let this new book's cover or its title fool you. Carolyn Dalgliesh takes the concept of organization to a new level. Yes, she offers organizing solutions for toys and clothes. But she elevates the idea of organization to include carefully conceived structure, routines, and visual aids parents can employ to help kids with ADHD, sensory processing issues, and other neuro-differences to succeed, at home and in the over-stimulating world.

Dalgliesh, the founder and owner of Systems for Sensory Kids (SSK) and the SSK Sensory Organizing System, and the parent of a child with sensory processing challenges, starts by explaining whom the book is meant to help—those with sensory processing disorder, ADD/ADHD, anxiety disorders, autism spectrum disorders, mood disorders, Lyme disease, and the "Little Bit of Everything" kids. Dalgliesh presents her system in a detailed way, and supports the text with enlightening visual aids, charts, and photos.

The Sensory Child Gets Organized is comprehensive, tailored to our kids' challenges, positive throughout, concrete and specific, and full of examples. Take a few tips from it, but don't judge yourself harshly if you don't reach the organizational near-perfection the book lays out.

Reviewed by KAY MARNER.



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