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The Disorganized Mind primarily identifies as a Self-Coaching website for adults with ADHD, so we invite you to read and learn from what content we humbly provide. We are dedicated to providing self-help resources and tips for adults who struggle with Attention Deficit Hyperactivity Disorder (ADHD)

~~The Disorganized Mind — ADHD Coaching and Online Stimulant ...~~

Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents Paperback – December 1, 2008. by Nancy a. Ratey (Author) 4.4 out of 5 stars 190 ratings. See all formats and editions. Hide other formats and editions.

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Overview. For the millions of adults diagnosed with ADHD The Disorganized Mind will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around.

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New Self-Coaching Book for ADHD Adults. The Disorganized Mind. Coaching your ADHD brain to take control of your tasks, time, and talents. by Nancy A. Ratey, Ed.M, MCC, SCAC Buy the book

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“ Nancy Ratey, the queen-maven of coaching, has written a masterful and practical guide to the world of promoting peak performance and peace of mind through the power of coaching. The Disorganized Mind will make all who read it more successful, less stressed, and happier in their pursuit of their goals. This book is a total winner! ”

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The Disorganized Mind addresses the common issues confronted by the ADHD adult: “ Where did the time go? ” “ I ’ ll do it later, I always work better under pressure anyway. ” “ I ’ ll just check my e-mail one more time before the meeting... ” “ I ’ ll pay the bills tomorrow – that will give me time to find them. ” Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it.

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For the millions of adults diagnosed with ADHD The Disorganized Mind will provide expert guidance on what they can do to make the most of their lives.

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