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The Disorganized Mind Coaching Your

“This is a book about possibility,” Nancy Ratey, one of the leading ADHD coaches in the United States, writes in the introduction to *The Disorganized Mind* (St. Martin’s Press, April 2008, 0-312-35533-5, \$24.95, 320 pages, hardcover) details her personal struggles with ADHD and is a rallying cry to other adults struggling with ADHD to leave behind the cycle of pain and discouragement and take control of their lives.

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The Disorganized Mind: Coaching your ADHD brain to take ...

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 ...

Advance praise for The Disorganized Mind: “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.

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The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents

The Disorganized Mind: Coaching Your ADHD Brain to Take ...

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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**The Disorganized Mind: Ratey, Nancy: 9780312355340:
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The 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

Coaching Goals and Abilities Worksheet: Disorganized Mind

Coaching Goals and Abilities Worksheet . This questionnaire contains three sets of questions: profile, evaluation, and goals. The questions will help you to evaluate your lifestyle, identify areas needing improvement, and articulate fitting goals. Set #1 - profile . 1. PROFESSIONAL CONSIDERATIONS a.

Coaching Goals and Abilities Worksheet

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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...".

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3 star. 7%. 2 star. 9%. 1 star. 4%. The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents. by Nancy A. Ratey. Write a review.

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