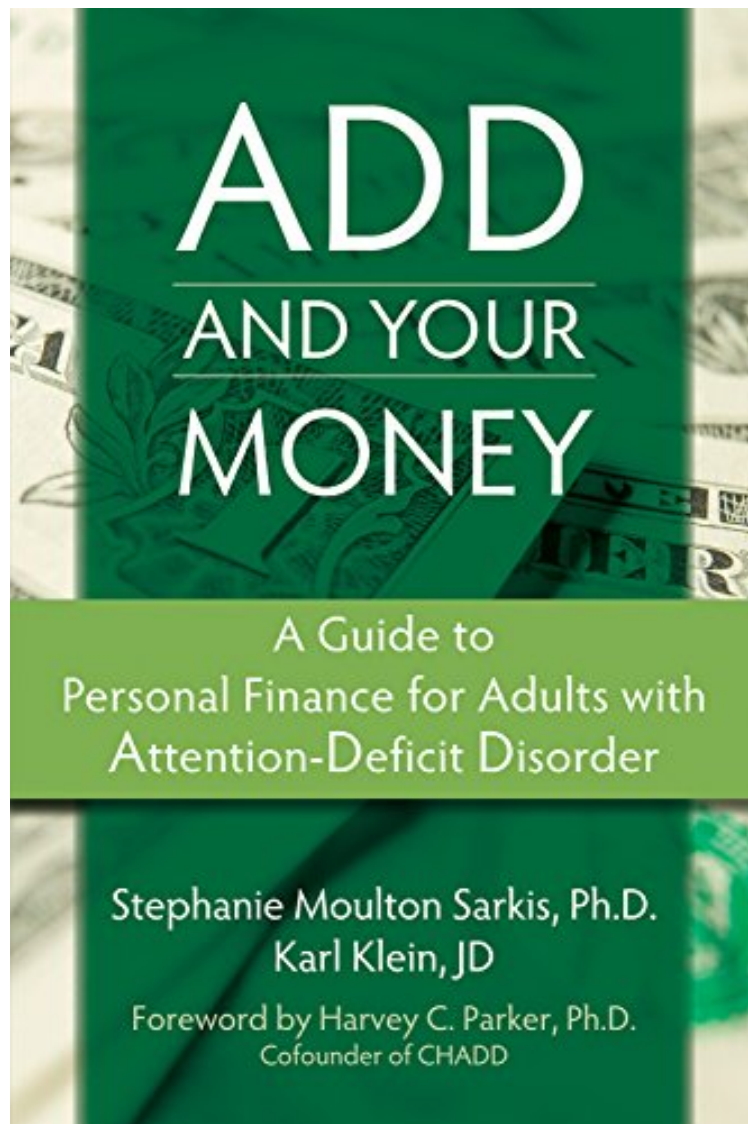


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ADD and Your Money: A Guide to Personal Finance for Adults with Attention-Deficit Disorder

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Karl Klein, Stephanie Moulton Sarkis : ADD and Your Money: A Guide to Personal Finance for Adults with Attention-Deficit Disorder before purchasing it in order to gage whether or not it would be worth my time, and all praised ADD and Your Money: A Guide to Personal Finance for Adults with Attention-Deficit Disorder:

19 of 21 people found the following review helpful. Excellent Financial Resource!!!By M. GoldbergADD and Your Money is an excellent financial resource for people who suffer from ADD. There are several things that I like about

this book.1) It covers all areas of personal finance in great detail -- managing bills, debts, investments, insurance, etc.2) It gives specific and practical strategies tools, tips and techniques for improving one's personal financial situation.3) It is written in an optimal manner for people who have ADD. This enables maximum absorption and retention.Overall, I cannot recommend this book highly enough. The authors have put out a very useful and important product.0 of 0 people found the following review helpful. Five StarsBy Carrie CurcioThankyou!14 of 17 people found the following review helpful. terrible bookBy pugsaregreatThis is the first time I have ever written a review, but I felt so strongly about this book that I felt it my duty to warn others. This book is very, very thin. I was so excited to find a book that might help me with some of the impulsiveness of add. I could not believe how ridiculous it was. I felt like they talked to me like I was an idiot. The information in this book was written for someone in 5th grade who maybe did not know what a will was or a 401K. As far as help for ADD it simply stated that people with Add have more impulse control problems. Well, thanks, I already knew that. I feel like such a fool for actually spending 17.00 dollars on this worthless pamphlet. I would like to recommend Financial Recovery by Karen McCall. I have read just about every book there is on the subject and this was a great one. This great book spends time on the root of the problem since most of us adults know basic money terms and definitions.

When you have attention-deficit disorder (ADD), you don't spend money like most other people. Past-due bills and impulsive spending can throw your finances into turmoil, and because these financial pitfalls are directly related to your ADD symptoms, they can seem impossible to overcome.The good news is that it is possible to get ADD-related financial disorganization under control and begin to enjoy a more stable relationship to your money. ADD and Your Money will show you how. This friendly guide, written with your ADD in mind, includes information on everything you need to know about managing your finances and staying in control.With this book as your guide, you will learn to:bull;Keep track of your billsbull;Create a budget that worksbull;Get debt under controlbull;Find ADD-friendly bank servicesbull;Plan around your splurgesbull;Make time-management a priorityIf you're ready to start focusing on your future financial success, this book can help you start making lasting changes today.

"ADD in adults is turning out to be among the most impairing disorders seen in outpatient mental health clinics in terms of the number of major life activities that it adversely affects and the severity with which it impacts each of them. One such domain is that of money management. In this first-ever book devoted to the impact of adult ADD on one's financial life, the authors do a masterful job of both providing a review of the most common problem areas adults with ADD are likely to experience as well as a richly detailed set of recommendations for how best to try and resolve those problems. The book will be of tremendous benefit to not only adults with ADD, but their spouses/partners, parents or other family members, and clinicians who routinely specialize in the diagnosis and treatment of ADD in adults." Russell A. Barkley, PhD, clinical professor of psychiatry at Medical University of South Carolina and research professor of psychiatry at SUNY Upstate Medical University