

Fast Minds: How to Thrive If You Have ADHD (Or Think You Might)

By Craig Surman, Tim Bilkey, Karen Weintraub

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FAST MINDS is an acronym for common symptoms that are often seen in Attention Deficit Hyperactivity Disorder (ADHD). Millions of adults have ADHD or some of its traits, but they are under-recognized, under-treated, and often under-supported.

This book empowers people with ADHD, or some of its characteristics, to adapt and thrive. By working through the program in this book, you will develop personalized strategies to take control of your life.

Forgetful. **A**chieving below potential. **S**tuck in a rut. **T**ime challenged.

Motivationally challenged. **I**mpulsive. **N**ovelty seeking. **D**istractible. **S**cattered.

If any or all of these symptoms are making it difficult for you—or someone you know—to live life to the fullest, then the clinically proven, cutting-edge program in this book will help you understand your struggles and challenges. Whether you have been diagnosed with ADHD, think you may have it, or just exhibit many of these traits, *FAST MINDS* will help you:

- Figure out what isn't working in your life, and the keys to fixing it.
- Build personalized strategies for managing your time, tasks, and relationships.
- Learn organizational habits that work for you.
- Stop communicating poorly, making impulsive choices and taking pointless risks.
- Eliminate negative thinking patterns that waste your mental energy.
- Create environments that support your challenges.
- Make the most of both medical and nonmedical resources (medication, coaching, Cognitive Behavioral Therapy, mindfulness, support groups, lifestyle change).

With inspiring stories of real people who have adapted and thrived using the methods in this book, *FAST MINDS* will help you create the kind of life you want to live.

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Editorial Review

Review
"Fast Minds delivers! A concise, practical, easy-to-read, yet sophisticated guide to what will help you most if you have ADHD. This book has the virtues of brevity and simplicity without losing the authority and power its roots in evidence and research provide. A superb book."—Edward Hallowell, M.D., coauthor of *Driven to Distraction*

"A 24 hours-a-day/7 days-a-week guidebook that adults with ADHD will find essential."— J. Russell Ramsay, Ph.D., Co-Director, Adult ADHD Treatment and Research Program, Perelman School of Medicine at the University of Pennsylvania

"A must-have for every person struggling to live a more organized life! Understandable, full of practical tools and insights, and backed up by science."—Nancy A. Ratey, Ed.M., Master Certified Coach, ICF; Senior Certified ADHD Coach, author of *The Disorganized Mind*

"A fascinating and refreshing perspective on ADHD…an excellent set of recommendations for how people with adult ADHD can manage their difficulties and lead more successful and fulfilling lives."—Russell A. Barkley, Ph.D. Clinical Professor of Psychiatry and Pediatrics Medical University of South Carolina, author of *Taking Charge of Adult ADHD*

"Finally, somebody gets ADHD! Fast Minds offers readers a path from the despair of self-criticism to the sunlight of success. Practical, moving, with many real-life examples, this book helps adults with ADHD build the life they want! Each chapter gives practical suggestions for significant others to help those they care about who have Fast Minds. This book can make a difference and I wholeheartedly recommend it to all." —Patricia Quinn, M.D., Director Center for Girls and Women with ADHD, Washington DC

"A great resource for adults with ADHD and their loved ones. This book offers clear, effective, solution-focused strategies for dealing with the challenges of ADHD."
—Kathleen Nadeau, Ph.D., coauthor of *ADD-friendly Ways to Organize Your Life*

"One of the most innovative, comprehensive, and useful guides to the world of the ADHD adult."— Mark Stein, Ph.D., ABPP Professor of Psychiatry and Director of Life-Span ADHD Program, University of Illinois at Chicago

About the Author
Craig Surman, M.D., is an expert on ADHD in adulthood. He is an assistant professor of Psychiatry at Harvard Medical School and scientific coordinator for the internationally recognized Adult ADHD Research Program at Massachusetts General Hospital. **Tim Bilkey, M.D.,** is a physician specializing in adult ADHD, having completed more than thirty-four hundred assessments. He is an international presenter and has produced two films on ADHD. He started one of the world's first ADHD clinics for women. In 2009, he developed a nationally accredited educational program for the rapid recognition of ADHD in adults called FAST MINDS. **Karen Weintraub** is an award-winning journalist and a freelance health writer for the *Boston Globe*, *USA Today*,and other publications. Ms. Weintraub also teaches journalism at the Harvard Extension School and Boston University. Her first book, *The Autism Revolution*, was also published by

Harvard Health Publications.

Users Review

From reader reviews:

Karen Lawless:

This book untitled Fast Minds: How to Thrive If You Have ADHD (Or Think You Might) to be one of several books that will best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit on it. You will easily to buy this specific book in the book store or you can order it by means of online. The publisher of this book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Touch screen phone. So there is no reason for you to past this e-book from your list.

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Joan Davis:

Are you kind of active person, only have 10 or maybe 15 minute in your moment to upgrading your mind skill or thinking skill also analytical thinking? Then you are experiencing problem with the book compared to can satisfy your limited time to read it because all this time you only find reserve that need more time to be study. Fast Minds: How to Thrive If You Have ADHD (Or Think You Might) can be your answer given it can be read by a person who have those short time problems.

Ruth Morefield:

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