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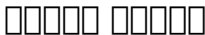
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Who cannot relate to being "overstretched, overbooked, and about to snap?" As with his other books, Dr.

Hallowell presents not only the problem

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(overcommitted, speeded-up lifestyles), but some practical solutions as well. I rolled my eyes along with the anecdotes he presents, completely identifying with his subjects.

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strategies for handling your fast-paced life. Look at what's happened to the usual how-are-you exchange. It used to go like this: "How are you?"

"Fine." Now it often goes like this: "How are you?" "Busy."

Or "Too busy." Or simply "Crazy."

Without intending

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for it to happen or
knowing how,
when, or why it got
started, many
people now ...

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Crazybusy—the
modern

phenomenon of
brain overload—is a
national epidemic.

Without intending
for it to happen,

we've plunged
ourselves into a

mad rush of

activity, expecting
our brains to keep

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track of more than they comfortably or effectively can. In fact, as attention deficit disorder expert and bestselling author Edward M.

Hallowell, M.D., argues in this groundbreaking new audiobook ...

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helpful book for all

busy people. the

author has been

treating people

with ADHD for

years, and this

book definitely

gives helpful hints

for those with

ADHD but it also is

useful for people

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who are just too stressed out by our busy lives. have read it and am donating it to our local CHADD lending library. 2 people found this helpful

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