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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 (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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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 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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