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# **Delivered From Distraction Getting The Most Out Of Life With Attention Deficit Disorder**

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Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now the director of the Hallowell Centers in Seattle, San Francisco, New York City, and the Boston area. He is the co-author of Driven to Distraction, Delivered from Distraction, and Answers to Distraction, as well as

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“Delivered from Distraction is just what it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the



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latest information on ADD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. As the authors point out, ADD needn't be a sentence to secondhand status.

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Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder. by. Edward M. Hallowell (Goodreads Author), John J. Ratey. 4.12 · Rating details · 3,141 ratings · 286 reviews. In 1994, Driven to Distraction sparked a revolution in our understanding of attention deficit disorder.

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From Delivered from Distraction: Getting  
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**Excerpt: 'Delivered from Distraction'  
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need. And it can build our faith.

**Lord, Deliver Me from Distraction |  
Desiring God**

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Showing 1-19 of 19 “To tell a person  
who has ADD to try harder is about as  
helpful as telling someone who is  
nearsighted to squint harder.” — Edward

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loving guide to releasing the positive  
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Delivered From Distraction. E.M.  
Hallowell, J. Ratey , Ballantine Books :  
New York, NY. 2005. 416p. CA \$35.95

## **Delivered From Distraction**

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