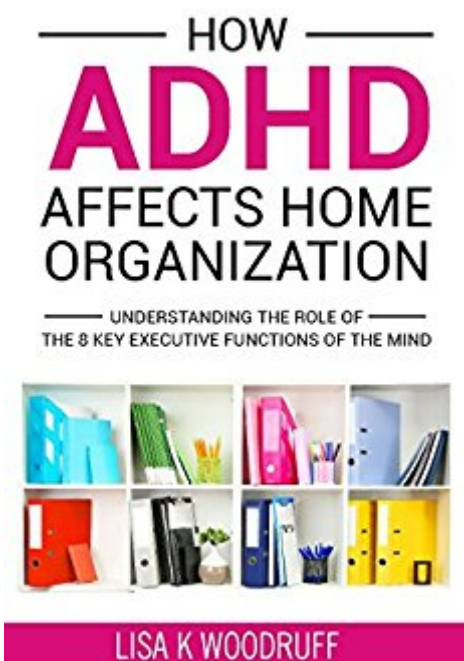


The book was found

How ADHD Affects Home Organization: Understanding The Role Of The 8 Key Executive Functions Of The Mind.



Synopsis

Do you walk in a room to organize and find yourself paralyzed and overwhelmed? Do you find yourself spending money on organizing solutions that don't work? Do you feel like you put in effort but never make any progress? Or maybe you know exactly what you want to do, and yet for some reason, you just can't get started. Organizing isn't easy. And having ADHD doesn't make it any easier. But it doesn't have to be impossible. If you have ADHD and you've been struggling with organization, it doesn't mean there's something wrong with you. It just means it's time to try working with your brain instead of against it. That means:

- Understanding how your mind works
- Recognizing your strengths and weaknesses
- Finding the strategies that work for you

In her latest book, Lisa Woodruff explores the executive functions of the mind that directly affect your ability to organize your home: flexible thinking, working memory, self-monitoring, task initiation, planning, and organization. Along the way, she provides tips and strategies for overcoming obstacles—tools you can use to get the organized house you've been dreaming of. A professional organizer, productivity coach, and former teacher, Lisa Woodruff knows that organization is more than just 15-minute daily tasks or cute ways to use fun containers. She's successfully parented, taught, and professionally organized people who struggle with ADHD, and she has been able to help hundreds of women in Cincinnati, Ohio—and thousands of women around the world—get their homes organized and keep them that way.

Book Information

File Size: 599 KB

Print Length: 128 pages

Page Numbers Source ISBN: 1545589003

Publisher: LKW Enterprises, LLC (June 1, 2017)

Publication Date: June 1, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071L9F4YM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #22,867 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements > Do-It-Yourself #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Attention-Deficit Disorder #16 in Kindle Store > Whispersync for Voice > Crafts, Hobbies & Home

Customer Reviews

Lisa is really good at explaining things clearly, in a way that respects you and also encourages you. She knows everyone is different, and she tailors the language and activities here so that different types of people can benefit. I really found this book helpful!

Some great tips and apps. Definitely learned a few things I can apply to my life and to my teen son's life as well. Definitely worth the time to read it.

A very well written book on a subject that needs more attention.

This book is full of great information. Lisa has a great understanding of the subject. It is well written and simple to follow.

Lisa's book is great. Even if you do not have ADHD you really should read this book.

I really enjoyed this book!!! now listen to her podcasts & FB group

How does someone without ADHD write a book that is completely relatable to those who have it? She gives clear explanations, real-world examples, and a solution or resource on just about every page. When an organized person wants to help disorganized people, we need to get fluent in their language. And there are a thousand dialects of the language of the disorganized. The language of the person with ADHD who struggles with executive function and organization are on every page of this book. Lisa Woodruff makes it very clear that she does not have ADHD, but has been surrounded by it throughout her life and careers in service to others, and finding ways to help those with ADHD move forward. This immersion, and helping understand challenges and collaborate to develop solutions has led to this easy to read, easy to use book. Lisa offers clarity, support and guidance to

help her readers take a step back, consider what progress would look like, and take action to tackle the areas in their home that have left them feeling defeated. Oh, and here's the real secret: Even if you don't have ADHD but struggle with organization, you'll learn plenty reading this book! As a professional organizer, I plan on sharing this with my ADHD clients, so that they may have access to the understanding, ideas and resources that this book brings. Kathy Vines, Certified Professional Organizer, Clever Girl Organizing

Another wonderful gift from Lisa!!! :) :) :) This book will explain your brain to you.... she is a teacher, thinker, wife, mother and REAL person. I found Lisa in January of 2016.... what a blessing... make sure you also go read (or listen to on Audible) her book the Mindset of Organization and listen to ALL of her podcasts at Organize365.com. Take the time to read this book.... it has so much practical information and links to even more!

[Download to continue reading...](#)

How ADHD Affects Home Organization: Understanding the Role of the 8 Key Executive Functions of the Mind. ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor A New Understanding of ADHD in Children and Adults: Executive Function Impairments ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence Dale Carnegie's How to Win Friends and Influence People: An Executive Summary (Executive Summaries by Spry Summaries Book 1) Super Secrets of Successful Executive Job Search: Everything you need to know to find and secure the executive position you deserve The Fine Art of Executive Protection: Handbook for the Executive Protection Officer Helping Students Take Control of Everyday Executive Functions: The Attention Fix Train Your Brain for Success: A Teenager's Guide to Executive Functions Learning to Plan and Be Organized: Executive Function Skills for Kids With AD/HD (Enhancing Executive Function Skills in Kids with AD/HD) Basic Immunology Updated Edition: Functions and Disorders of the Immune System With STUDENT CONSULT Online Access, 3e (Basic Immunology: Functions and Disorders of the Immune System)

Leadership Roles and Management Functions in Nursing: Theory and Application (Marquis,
Leadership Roles and Management Functions in Nursing) Lupus Handbook for Women: Up-to-Date
Information on Understanding and Managing the Disease Which Affects Master Your Mind: Achieve
Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control]
(brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Cognitive-Behavioral
Therapy for Adult ADHD: Targeting Executive Dysfunction

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)