

*from the editors of*

**ADDITUDE**

# Getting Things Done with Adult ADHD

**Stop wasting time, improve  
productivity, and stay focused  
with these get-it-done strategies.**



# Adhd Getting Things Done A List Of Obvious

**Jessica McCabe**



## **Adhd Getting Things Done A List Of Obvious:**

**ADHD Unpacked** Alex Conner, James Brown, 2025-03-13 An essential guide to surviving and thriving with adult ADHD from Alex Conner and James Brown the hosts of the hit ADHD podcast *The ADHD Adults*

**Invisible ADHD** Shanna Pearson, 2025-09-09 INSTANT USA TODAY BESTSELLER NATIONAL BESTSELLER If you're ready to understand the why behind the struggles that come with ADHD and more importantly the how to move forward with confidence this book is for you and I encourage you to take this opportunity to learn from one of the best Dr Daniel Amen An essential and empowering guide for women who struggle often silently and alone with the challenges of ADHD ADHD in women is often misunderstood misdiagnosed or entirely overlooked leaving millions silently fighting an internal invisible battle Outwardly they can be labeled flaky intense dramatic or unreliable while inwardly they're juggling severe overwhelm emotional chaos chronic stress catastrophic thinking and the unshakable feeling of being misunderstood by everyone In *Invisible ADHD* Shanna Pearson founder and director of the world's largest one on one ADHD coaching company shares what actually works for women in real life Drawing on insights from hundreds of thousands of coaching sessions and her own turbulent ADHD journey Shanna reveals the never before published strategies and solutions that have transformed thousands of lives for over two decades This eye opening book uncovers the lesser known causes behind our most difficult ADHD behaviors and shows us how to do things more easily in ways that work with our remarkable brain With compelling client stories relatable language and over one hundred proven tools *Invisible ADHD* tackles the many challenges women face while providing a clear inspirational easy to follow roadmap to get unstuck finally trust yourself and improve every area of your life For every woman who feels overwhelmed scattered or unseen and for those who love and support them *Invisible ADHD* is a game changing must read

**How to ADHD** Jessica McCabe, 2024-01-02 THE NEW YORK TIMES BESTSELLER Jessica McCabe changed my life for the better with her kind bright and thoroughly researched ADHD videos and now with her book she just might change yours too KAT BROWN AUTHOR OF *IT'S NOT A BLOODY TREND UNDERSTANDING LIFE AS AN ADHD ADULT* From the host of the award winning *HOW TO ADHD* YouTube channel and creator of the Dopamine Menu In *How to ADHD* Jessica McCabe reveals the insights and tools that have changed her life while offering an unflinching look at the realities of every day with ADHD Sharing stories of her struggles with the condition which spiralled as she approached adulthood Jessica offers expert backed guidance for adapting your environment routines and systems to work with the ADHD brain including how to boost your organisational skills and learn why doing more starts with doing less facilitate your focus and fight distractions by decreasing the noise build your time wisdom by planning backwards to prioritise more effectively Presented in an ADHD friendly design and packed with practical advice and tools *How to ADHD* is an affirming warm and helpful guide that will help you recognise your challenges tackle bad brain days and to ultimately be kinder to yourself *Spaz Leigh*

Macneil, 2017-09-20 From the hyperkinetic boy who was tossed in a dumpster to the man who found life long love *Spaz The*

True Story of my Life with ADHD takes you on a journey through inspirational highs and unthinkable lows Dispersed between a series of true stories about one mans struggles with severe Attention Deficit Hyperactive Disorder Spaz includes supporting material and research on what we know about ADHD today Leighs unparalleled drive to prove his naysayers wrong and become a success because of rather than in spite of his ADHD will entertain and intrigue young and old alike Additionally the informational pieces presented before each memory will educate you on how to handle common ADHD concerns Spaz presents a mix of humor and raw truth that promises to have you question everything you ever knew or thought you knew about ADHD

Fear, Control, and Letting Go Richard P. Krummel,2013-02-12 Do your fears and anxieties get in the way of living a spirit filled life Have you ever been victim to the illusion of control Are you looking for spiritual recovery and personal growth Are compulsions interfering in your relationships with others and with God Do you have the peace that you want While completing more than forty thousand hours of psychotherapy over thirty years with individuals couples and families Dr Krummel realized that the fears roles and themes in his life were not unique He became aware that his psychological and spiritual journey was a common one Dr Richard Krummels new book Fear Control and Letting Go How Psychological Principles and Spiritual Faith Can Help Us Recover from Our Fears offers life changing tools for recovery and transformation The book provides tremendous insight into how one can grow behaviorally emotionally intellectually and spiritually While you are waiting for someone or something else to change change yourself Dr Krummel Give as you are able according as the Lord has blessed you Deuteronomy 16 17 Dr Krummel donates 1 00 from the sale of each book to several charities

ABC of Neurodevelopmental Disorders Munib Haroon,2024-01-30 ABC of Neurodevelopmental Disorders An accessible and up to date discussion of the most common neurodevelopmental disorders ABC of Neurodevelopmental Disorders In ABC of Neurodevelopmental Disorders Dr Munib Haroon delivers an insightful and practical introduction to various neurodevelopmental conditions as well as discussions about their most common comorbid mental health conditions The author offers a broad overview of neurodiversity and neurodevelopmental disorders to help you understand how people who are neurodivergent may present in a clinical environment how they should be assessed and how they can best be managed Each chapter provides a list of resources for further reading and for exploring these evolving important and fascinating topics in greater detail You ll also find A thorough introduction to ADHD autism intellectual developmental disorders tics and Tourette s disorder developmental co ordination disorder and specific learning disorder An introduction to clinical and non clinical outcomes for different neurodevelopmental disorders Chapters on the assessment of mental health conditions in children young people and adults with neurodevelopmental disorders Discussion about the genetic basis of neurodevelopmental disorders including a specific chapter on this topic A standalone chapter on Foetal Alcohol Spectrum Disorder Aimed at doctors and mental health practitioners including community paediatricians psychiatrists psychologists counsellors addiction specialists social workers and trainees in these fields ABC of Neurodevelopmental Disorders will also

benefit healthcare workers who regularly treat neurodivergent people in a variety of settings **An Invitation to Health**  
Dianne Hales,1994 AN INVITATION TO HEALTH 10th Edition introduces students to research information and  
recommendations related to health and healthy lifestyles Reviewed by over 80 instructors this informative text focuses on  
change and prevention and supplies students with the lessons they ll need to make responsible healthy decisions in their  
daily lives Children and Their Development Frances Degen Horowitz,Marion O'Brien,1989 Humanity 3000  
Foundation for the Future,1999 **ADHD** Julian Stuart Haber,2003-09-24 The ADHD label had been rampantly overused on  
children with completely different problems when the controversial first edition of ADHD was praised by practitioners and  
parents alike as a timely book whose message was long overdue This new edition includes a complete revision of the chapter  
on medication detailing when to use certain drugs and the side effects that can be expected and including a thorough review  
and update of older medications Special problems for teenagers with ADHD are addressed including sexual relationships  
pregnancy substance abuse driving and general teen attitudes Material has been added to help parents find their way  
through the legal maze of public education where children are often wrongly first stigmatized with the ADHD label  
Phobias And How To Overcome Them James Garner,2009-10-01 A hands on guide to recovery from the bondage of  
phobias **The Ladies' Home Journal** ,2009 **The New York Times Book Review** ,1992-10 Presents extended reviews  
of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts  
Includes lists of best sellers hardcover and paperback **English Journal** ,2003 *ADHD and the GTD Method: Organize  
Everything Without Freaking Out* MAX EDITORIAL,2025-11-05 ADHD and the GTD Method Organize Everything Without  
Freaking Out Struggling to stay on top of tasks projects and ideas ADHD and the GTD Method shows you how to bring order  
to your mind and your life using the world famous Getting Things Done system adapted perfectly for the ADHD brain With  
practical no stress guidance this book helps you Capture and organize ideas before they disappear Turn chaos into clarity  
with simple GTD workflows Prioritize tasks without overthinking Build momentum and actually finish what you start Forget  
rigid planners and complicated systems this is productivity that fits your way of thinking By blending the power of GTD with  
ADHD friendly hacks you ll discover how to stay focused calm and confidently in control No more overwhelm No more mental  
clutter Just clarity flow and freedom one task at a time *How to Get Stuff Done When You Have ADHD* Michelle  
White,2020-03-30 Do you get bored easily When given a task are you used to procrastinating instead of doing it immediately  
Do you often get distracted when people are talking Do you get frustrated easily and get impatient when things are going too  
slowly Do you often find yourself tapping a pencil swinging my leg or doing something else to work off nervous energy No  
matter how much you do or how hard you try you just can t seem to reach your goals Undoubtedly as an adult with Attention  
deficit hyperactivity disorder ADHD will find it more difficult and challenging to record great timely strides in areas that  
persons without the disorder are making waves However as difficult and scaring as this may sound you should know that

ADHD isn't a death sentence. In fact, it can be managed to the extent that you may begin to doubt if you are still living with the disorder. In this book, *HOW TO GET STUFF DONE WHEN YOU HAVE ADHD* by Michelle White, the entirety of ADHD has been simplified into logical and straightforward sections to help individuals with the disorder execute tasks in the easiest and fastest of ways. The author understands that procrastination and forgetfulness are one of the most significant symptoms of Attention Deficit Hyperactivity Disorder; consequently, he has offered a comprehensive solution to help affected individuals effectively address the disorder: the Pomodoro Technique. Sometimes deciphering that one is battling with ADHD may be a hard nut to crack. In this regard, the author has also dedicated a full, detailed chapter discussing every one of the symptoms and signs that are traceable to the Attention Deficit Hyperactivity Disorder, not only for adults but for children too. Emphasizing the Pomodoro Technique, the author has offered every reader with detailed answers to possible questions about the technique and how it is the best approach at getting things done by individuals with ADHD. *HOW TO GET STUFF DONE WHEN YOU HAVE ADHD* is a pragmatic, comprehensive approach at the subject matter that every adult struggling with Attention Deficit Hyperactivity Disorder needs to have a read and religiously follow the guidelines therein.

*Unapologetically ADHD* by Nikki Kinzer and Pete D. Wright, 2024-09-04. A step-by-step yet flexible blueprint to plan long-term goals, projects, and tasks when living with ADHD. Written by Nikki Kinzer and Pete D. Wright, co-hosts of the hit podcast *Taking Control: The ADHD Podcast* with more than one million annual downloads, *Unapologetically ADHD* helps readers plan for long-term goals, projects, and tasks that need to get done, providing a step-by-step outline for success that still allows for plenty of individual flexibility. An accessible and also fun read, this book is intentionally organized into clear sections within chapters and includes engaging visuals throughout. Readers get access to various coaching strategies such as powerful questions and exercises to help them move towards planning success on their own terms. In this book, you'll find information on understanding how the ADHD mind works and how to manage all or nothing mode, letting go of the shame that so many with ADHD feel, and the concept of RSD (Rejection Sensitive Dysphoria) acceptance. Using practical tips that can be applied immediately to help you feel more in control of your life, with a perfect balance between planning strategies and real conversations on what it's like to have ADHD, *Unapologetically ADHD* earns a well-deserved spot on the bookshelves of everyone with ADHD who wants to master an often-challenging executive function to live a more structured and fulfilling life.

*Getting Things Done in 30 Minutes* by David Allen, 2013-06-01. *Getting Things Done in 30 Minutes* is the essential guide to quickly understanding the important lessons on productivity outlined in the best-selling book *Getting Things Done: The Art of Stress-Free Productivity*. In *Getting Things Done*, author David Allen offers concrete knowledge on how to vastly increase productivity for both individuals and entire organizations. Through decades of experience, Allen has devised foolproof strategies for getting things done. *Getting Things Done* shows you how to set up a comprehensive system for dealing with all the mental and physical stuff, as he calls it, that clutters the mind, living spaces, and workplaces and gets in the way of you.

getting things done Identifying basic organizational and cognitive techniques essential to improving time management skills Getting Things Done lays out methods for uncluttering the mind and gaining control over all your responsibilities A guide to mastering workflow Getting Things Done offers a practical method for eliminating anxiety minimizing stress and achieving optimal productivity Understand the key ideas of Getting Things Done in a fraction of the time with tools such as Concise synopsis which examines the principles of Getting Things Done In depth analysis of key concepts from Getting Things Done such as Next Action Thinking and the Two Minute Rule Practical applications for increasing productivity and reducing stress Insightful background on author David Allen and the origins of Getting Things Done Extensive glossary recommended reading list and bibliography relevant to Getting Things Done As with all books in the 30 Minute Expert Series this book is intended to be purchased alongside the reviewed title Getting Things Done The Art of Stress Free Productivity **ADHD Baby!** LearnWell Books,2025-08-02 **Summary of David Allen & Brandon Hall's The Getting Things Done Workbook** Everest Media,2022-10-12T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Our current technological state has made our productivity crisis worse not better We have gotten very good at getting things done but at what cost We are forced to choose between doing anything well and doing everything decently We are being strangled on the vine by our own productivity This book is about setting the record straight about how to do the most important thing we can do spend time on what matters most so that we can get more done with less stress and more peace of mind I am here to help you make a few small shifts that will dramatically increase your ability to get things done while helping you become more effective and efficient at it I know some of you are thinking But I am already doing that or I m exhausted I get it I ve been there Even though most of us have a general idea that we need to be more productive we find ourselves in the same old rut day after day The good news is that when we align our values with productivity we have the power to create a new way of working that will serve us far better than a life spent doing busywork and feeling like we re barely getting by 2 This is not a book meant to be read cover to cover in one sitting It s a reference guide a resource that you can use to continue your work and grow your knowledge of productivity

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