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being "overstretched,

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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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what's happened to
the usual how-are-

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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 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

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into a mad rush of activity, expecting our brains to keep 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

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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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