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"overstretched, overbooked, and
about to snap?" As with his other
books, Dr. Hallowell presents not
only the problem (overcommitted,

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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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strategies for handling your fast-
paced life. Look at what's

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happened to the usual how-are-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

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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 into a mad rush of activity, expecting our brains to keep track of more than they comfortably or effectively

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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 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

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