



I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD

By Wes Crenshaw PhD

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I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD By Wes Crenshaw PhD

Dr. Wes Crenshaw offers thirteen principles for successful living with ADD and ADHD drawn from twenty-two years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients. Written in an entertaining, conversational style for readers aged fifteen to thirty, Dr. Wes pulls no punches in confronting the cognitive, social, emotional, and academic pitfalls people with ADD face every day. He also helps families, friends, and romantic partners understand a diagnosis of ADD not as something to fear or an excuse, but as a first step on the path to a better tomorrow.

His principles include accepting here and now, living intentionally, making mindful decisions, recognizing and taking the right path and not just the easy one, wanting rather than wishing, finding and following life's instructions, managing crises, taking responsibility, attaining character through radical honesty, and creating sustainable happiness through organized thinking and living. Finally, Dr. Wes guides you and your loved ones in how to better manage relationships, seek a good diagnosis, utilize therapy, and become your own expert on medication management.

*Have you been diagnosed with ADD or ADHD or do you suspect you should be? Do you really want to start solving your many riddles and living a more successful and productive life? This book is for you.

*Does your partner, child, roommate, or friend have ADD? Do you wonder what's going on in his or her head, and you really want to understand the secret code so you can better love him or her? This book is for you.

*Are you a little scattered or organizationally challenged? Do you struggle with details, follow-through, or in converting ideas into results? Do your people see you as fun and energetic, but uncommitted and difficult to pin down. Maybe you're an "ADD-learner." This book is for you.

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Editorial Review

Review

"Essential for young adults and adults with ADD/ADHD and those who love them. Written in an easy-to-read style and providing real-life examples, this is a great starting point for harnessing ADD/ADHD's positives and dealing with its difficulties to build a brighter tomorrow."

--Lisa Jordan, *Library Journal*

"A valuable and comprehensive guide on living with ADHD. *I Always Want to Be Where I'm Not* is a brilliant compilation of stories of people living with ADHD followed by tips on how to 'tap into your special power.' It's a life-saver of a book that can change your ADHD life for the better."

--Edward M. Hallowell, M.D., co-author, NY Times bestseller *Driven to Distraction*

"Quite simply one of the best books I've read about ADHD! With warm and humorous prose, Crenshaw provides principled, actionable advice for young adults who need to integrate ADHD symptoms into the growing pressures of adulthood. *I Always Want to Be Where I'm Not* should be the handbook for successfully growing up and into life with adult ADHD."

--Melissa Orlov, author *The ADHD Effect on Marriage*

"Informed, informative, insightful and exceptionally well written, organized and presented, especially recommended to the attention of non-specialist general readers seeking to understand and deal with ADD and ADHD in themselves, their family, and their friends. An enduringly valued contribution, *I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD* is strongly recommended for personal and community library collections."

--Julie Summers, *Midwest Book Review*

"A chart for the therapeutic journey that ADHD sufferers must embark on with their therapist or mentor if they are going to achieve the success in relationships, schooling, and jobs that we all desire. The thirteen principles and their practical solutions provide a therapeutic game plan for tackling the challenges of this condition."

--Susan C. Pinsky, author, *Organizing Solutions for People with ADHD*

About the Author

Wes Crenshaw, PhD is a licensed psychologist and Board Certified in Couples and Family Psychology by the American Board of Professional Psychology. He specializes in working with adolescents, young adults and their families from his private practice, Family Psychological Services in Lawrence and Prairie Village Kansas (Kansas City Metro). He is the author of *Treating Families and Children in the Child Protective System* (Brunner-Routledge, 2004), *Dear Dr. Wes: Real Life Advice for Teens*; and *Real Life Advice for Parents of Teens* (Family Psychological Press). He has co-authored the Double Take advice column since November 2004. Dr. Wes has been married since 1985 and has two children both of whom helped in the conceptualization and editing of this book. He is a frequent guest on radio and TV where he discusses, teens,

parenting and ADD. You can learn more about his writing and practice at dr-wes.com or follow his tweets of pithy wisdom about ADD, teens, parenting, dating, divorce, marriage, and young adulthood @wescreshawphd

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Kenneth Roberts:

Playing with family in a park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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Roberta Bourland:

Is it an individual who having spare time after that spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD can be the answer, oh how comes? The new book you know. You are so out of date, spending your extra time by reading in this new era is common not a geek activity. So what these guides have than the others?

Erin Marshall:

Within this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple approach to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list is definitely I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD. This book which is qualified as The Hungry Slopes can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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