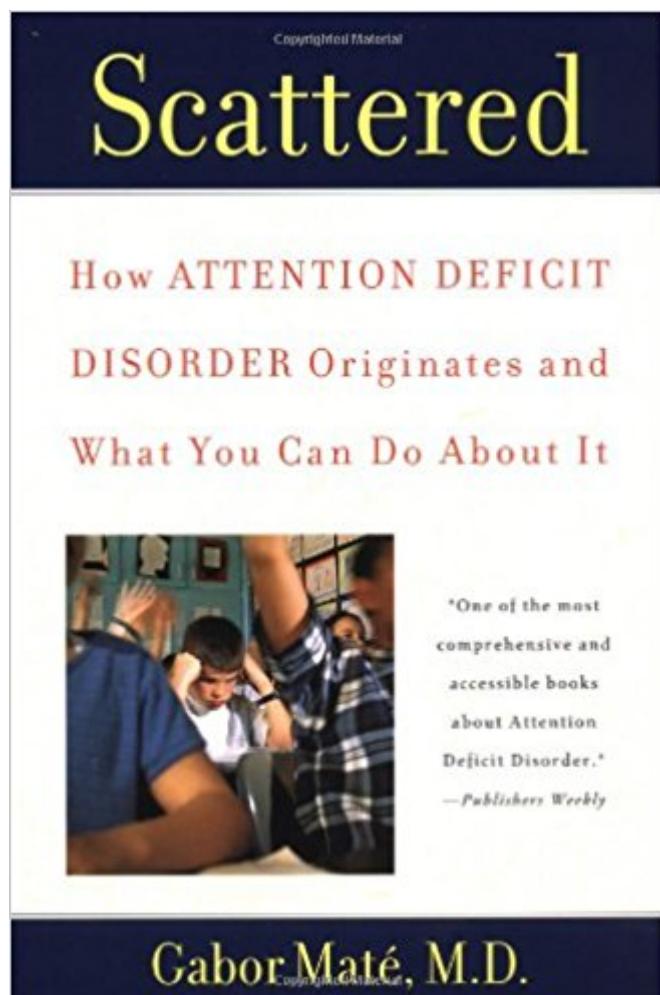


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# Scattered: How Attention Deficit Disorder Originates And What You Can Do About It



## Synopsis

In this breakthrough guide to understanding, treating, and healing Attention Deficit Disorder, Dr. Gabor MatÃfÃ©, an adult with ADD and the father of three ADD children, shared the latest information on: The external factors that trigger ADD How to create an environment that promotes health and healing Ritalin and other drugs ADD adults And much more Attention Deficit Disorder (ADD) has quickly become a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. MatÃfÃ© believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In *Scattered*, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. MatÃfÃ© moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three diagnosed children. Providing a thorough overview of ADD and its treatments, *Scattered* is essential and life-changing reading for the millions of ADD sufferers in North America today.

## Book Information

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## Customer Reviews

In one of the most comprehensive and accessible books about Attention Deficit Disorder (ADD),

Mat?, a Canadian physician and popular medical columnist, challenges many accepted notions about the condition, which afflicts more than three million children and a significant number of adults. An ADD sufferer himself, and the father of three children battling the disorder, Mat? discusses its origins and development, drawing on four years of study, research and patient interviews. Since its discovery in North America in 1902, ADD has been characterized by a poor ability to focus, deficient control of impulses and hyperactivity. Taking a maverick stance, Mat? doesn't believe it is purely a genetic condition, but rather one with a physiological component linked to culture and environment. He contends that it can stem from a variety of ordinary sourcesAfrom stress to marital woes, from school and peer pressures to substance abuseAcausing serious problems in academic achievement, employment and relationships. In chapters that include his patients' commentaries on the impact of ADD on their lives, Mat? discusses its symptoms, ADD in the classroom and effective ways parents can handle and treat the unruly behavior of children with the disorder. In the closing pages of this well-documented but sure-to-be-controversial book, he effectively hammers home his suspicions about the possible over-prescription of Ritalin and other drugs to control rather than heal children, and proposes that, in some cases, emotional support, patience and love can be more powerful remedies than chemicals. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Among the recent epidemic of books on Attention Deficit Disorder (ADD), this one is valuable for its stress on environmental issues and the author's experience with the syndrome in his own family. Though a physician himself as well as a columnist for Canadian newspapers, Mat? dismisses the "medical model" of ADD, arguing that it is the combined result of genes and stressed parenting. Neurological deficits intervene in this process. Drug therapy is viewed as useful but no panacea for what is essentially a problem of society and human development. Well-written explanations and descriptive case studies fill the book, and guiding principles and suggestions for reversing the course of ADD through therapy make it useful for parents, stricken adults, and counselors alike. Focusing on parents as the cause of psychological disorders is not a new idea, though, and Timothy Wilens's *Straight Talk About Psychiatric Medications for Kids* (LJ 2/15/99) may be more practical in a society where drug therapy is ubiquitous. For public libraries with comprehensive ADD collections.AAntoinette Brinkman, Southwest Indiana Mental Health Ctr. Lib., Evansville Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Perhaps the best book I've read on ADHD, and really helped me to understand my spouse so much more. It's helped me understand why he does some of what he does, and thus it has dissipated my anger with his condition and helped me understand better how to help him. This book was therapeutic to discuss with a friend who's wife was a later in life diagnosis as well. I just keep going back to it, especially the bits about time management.

Made a huge impact on my husband, especially just the impact of seeing someone as evidently successful as Dr. Mate discussing his struggle with ADD. Highly recommended for anyone with the condition or their family members!

Can't say enough about this book. Gabor Mate also wrote *In the Realm of the Hungry Ghost* about addiction. You will be amazed how he manages to make text book type material fascinating and personal.

Not as engaging as his later book "*In the Realm of Hungry Ghosts*", but a good informative read nonetheless.

Great book by a superb writer. Buy it . . . You'll love it.

Dr. MatÃ© has written with great wisdom and care about a subject he knows professionally and personally. He's not into dazzling the reader with facts (though he provides plenty of solid ones) or writing a self-help book (though there is plenty of good advice). He merely tries to look at ADD through a larger lens that encompasses not only the pharmacological and psychological but also the philosophical and spiritual. Attention deficit results from human deficit, a denial of our true selves by repression of thoughts and feelings, both in ourselves and in the ones we love. We need to embrace more fully our flawed humanity and treat our fellow humans, especially our children, with more acceptance and loving kindness. In short, we need to start paying attention.

Incredibly insightful and informative. It was like he knew me and described my personality exactly, all the way back to my youth.

This book is phenomenal. I have read many self-help books over the years, and done countless programs to address various issues in my life, but none of them--not one--clearly explained the

physiology behind troubling behavior. Now that I understand that these are not innate character flaws, I feel like it's finally possible for me to absolve myself of constant criticism, and to begin the healing process totally fresh. As well, this book recommends healing advice, presented in a clear, concise, compassionate way. I would also recommend "Scattered" for anyone struggling with addiction, depression, anxiety, and other issues that may stem from the same childhood disruption of attachment. It has also softened my perceptions and judgments of people; I have started to understand that each person has a backstory behind their suffering, which causes them to act out. I am finally hopeful.

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