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“Delivered from Distraction is just what it promises. In this remarkable volume, Ned Hallowell and John Ratey bring the latest information on ADD to homes and hearts everywhere, conveying the burgeoning scientific information with humor, hope, and clarity. As the authors point out, ADD needn't be a sentence to secondhand status.

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Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now the director of the Hallowell Centers in Seattle, San Francisco, New York City, and the Boston area. He is the co-author of *Driven to Distraction*, *Delivered from Distraction*, and *Answers to Distraction*, as well as the author of *CrazyBusy*, *The Childhood Roots of Adult Happiness*, and *Worry*, among ...

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M.D., authors of the bestselling *The Most Out Of Life With Driven to Distraction* and *Answers to Distraction*, the 1990s were dubbed the "decade of the brain" because so much groundbreaking research was done.

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ADDitude Book Review
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Distraction is a frequent reminder of our frailty and limits, that we indeed are not God. And since we are given to such unjustifiable, and frankly ridiculous, levels of pride, this is very good for us. Distraction humbles us and forces us to ask God for the help we so desperately need. And it can build our faith.

Lord, Deliver Me from Distraction
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The trouble is, I had never received this letter. I wish I had. In it was some suggested reading: a book by a couple of American psychiatrists, Ned Hallowell and John Ratey, called Delivered From...

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