



# The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done

By Terry Matlen

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**The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done** By Terry Matlen

Do you rule the realm of disorganization, clutter, and chaos? Are you constantly battling to get things done? Are you ready to give up and toss your day planner into the dungeon (otherwise known as your closet)? If so, you might just be *The Queen of Distraction*. And whether or not you've been formally diagnosed with attention deficit/hyperactivity disorder (ADHD), you probably already know that something's got to give.

*The Queen of Distraction* presents practical skills to help women with ADHD achieve focus and balance in all areas of life, whether it's at home, at work, or in relationships. Psychotherapist Terry Matlen delves into the feminine side of ADHD—the elements of this condition that are particular to women, such as: relationships, skin sensitivities, meal-planning, parenting, and dealing with out-of-control hormones. In addition, the book offers helpful tips and strategies to get your symptoms under control, and outlines a number of effective treatment options for you to pursue.

From getting dressed in the morning, to making it to a job interview, to planning dinner—sometimes just getting through the day can be an ordeal for a woman with ADHD. If you've been accused of getting lost in your own world, maybe it's time to make a change. If you're ready to start getting organized and stop leaving your groceries in the car, this book can help. It's more than just a survival guide; it's an ADHD *how-to* to help you thrive!

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### Editorial Review

#### Review

“*The Queen of Distraction* strikes gold! It is the mother lode of wisdom, practical nuggets, humor, and insight. Terry Matlen is a true veteran of the ADHD saga. This book is authoritative, yet warm; up-to-date, yet timeless. Terry’s masterful guide will help you feel less stressed, more successful, and happier in pursuit of your goals. I recommend it most highly.”

—**Edward Hallowell, MD**, coauthor of *Driven to Distraction* and *Delivered from Distraction*

“*The Queen of Distraction* is an oasis of acceptance and practical ideas for women with ADHD—compassionate and approachable.”

—**Melissa Orlov**, author of *The Couple's Guide to Thriving with ADHD*

“As a woman who suffers from ADHD herself, Matlen has personally walked the talk. Professionally, she’s worked with countless others with adult ADHD through her coaching and consulting practice. Matlen’s new book serves as an ADHD primer and introduction to all things ADHD. Keep it by your bedside, handy for when you feel low, confused, or alone. Terry’s warm, knowledgeable voice will shine through like a beacon, guiding you with a voice that is supportive and accepting, knowledgeable and practical. Use it as a roadmap and companion as you navigate your journey with adult ADHD.”

—**Zoë Kessler, BA, BEd**, author of *ADHD According to Zoë*

“Terry has done an exceptional job bringing together what is known about the science of attention deficit/hyperactivity disorder (ADHD) in adults as it applies specifically to women, making it live with numerous case examples of women with ADHD telling their own personal stories, and chock-full of sound advice for how to manage the symptoms, deficits, and impairments that are often associated with this disorder in adults. It is among the best and certainly the most current book on the topic of women with ADHD and will be exceptionally valuable to not only women with the disorder but those wishing to better understand it. It is certainly a must-read for therapists and coaches who assist such women through their practices.”

—**Russell A. Barkley, PhD**, clinical professor of psychiatry and pediatrics at Medical University of South Carolina, [RussellBarkley.org](http://RussellBarkley.org) and [ADHDLectures.com](http://ADHDLectures.com)

“*The Queen of Distraction* is a must-read book for understanding how to deal with all the critical problems women with ADHD face daily. It is an appealing, practical, and easy-to-read book written with insight, humor, and honesty. The real-life stories and examples provide the optimism and motivation to use the work/life tips to overcome ADHD-related challenges. Matlen provides a gift to women with ADHD. If the goal is managing difficulties such as transitions, clutter, time, emotions, relationships, or parenting, then Matlen provides a critical guide to greater productivity and life satisfaction.”

—**Geraldine Markel, PhD**

“Terry Matlen has learned the hard way how to live a good life with ADHD. Fortunately for her readers, she is smart and funny enough that they can benefit from her experience and wisdom. She does an excellent job of explaining how ADHD impacts the specific demands women face today and offering solutions to make their lives better. This book will make your life easier—you need it!”

—**Ari Tuckman, PsyD, MBA**, author of *Understand Your Brain, Get More Done*; *More Attention, Less Deficit*; and *Integrative Treatment for Adult ADHD*

“Like most of my colleagues, I read each ADHD book that comes out, comparing the usefulness of one to the other. Terry Matlen has hit it out of the ballpark with this one. From the unique and relatable cover, which hints at humor, yet promises content, Ms. Matlen delivers to the reader a most thorough and *helpful* handbook for living inside a female, ADHD body (my personal favorite chapter: ‘Clothing Loathing’). Not only does this book lighten the guilt of how we all feel in our clutter, chaos, and ‘lack of measuring up’ to Sally Struthers next door, it also takes each symptom and breaks it down into practical, easy steps to living a more productive and *comfortable* life! What a concept! Bravo to Matlen for this treasure, which will no doubt become the most worn-out book in any woman’s ADHD library.”

—**Wilma Fellman, MEd, LPC**, career counselor, ADHD coach and trainer, and author of *Finding a Career That Works for You* and *The Other Me: Poetic Thoughts on ADD for Adults, Kids and Parents*

“Terry Matlen gives the royal treatment to the topic of women with ADHD in her new book, *The Queen of Distraction*. Weaving together a combination of stories from her professional work and her own experience of living with ADHD, Matlen takes readers through all the struggles confronted by women with ADHD in today’s world and provides useful coping tips for tackling them. Whether you are a woman with ADHD or you want to understand the impact of ADHD on the life of your mother, sister, daughter, partner, or any other woman in your life, this book is for you.”

—**J. Russell Ramsay, PhD**, associate professor of clinical psychology in psychiatry, codirector of the Adult ADHD Treatment and Research Program at the Perelman School of Medicine, University of Pennsylvania, and author of *The Adult ADHD Tool Kit*

“Many books offer advice to adults with ADHD about how they might cope more effectively with difficulties of daily life. This book is unique in its empathic understanding of emotional needs and stresses of women with ADHD who struggle to manage the complex demands of their daily life. It offers many very practical suggestions from an understanding friend who has been there and has learned from her experience.”

—**Thomas E. Brown, PhD**, associate director, Yale Clinic for Attention & Related Disorders, Yale University School of Medicine, and author of *Smart but Stuck: Emotions in Teens and Adults with ADHD*

“It’s a fact! Women with ADHD are overwhelmed and hurting. Dial 911 and along comes Terry Matlen’s *The Queen of Distraction* to the rescue, offering a prescription to help these women overcome chaos, clutter, and other everyday challenges. Like a skilled surgeon, Matlen cuts to the core of the problem and offers relief. I would recommend this book to every woman with ADHD. It doesn’t matter whether she has an acute issue needing immediate attention or a chronic problem, is newly diagnosed or an ‘old timer’ looking for practical tips: help can be found within these pages.”

—**Patricia O. Quinn, MD**, Center for Girls and Women with ADHD, Washington, DC

About the Author

**Terry Matlen, MSW**, is a psychotherapist, consultant, writer, and coach. She is the author of *Survival Tips*

for *Women with ADHD* and founder of [addconsults.com](http://addconsults.com). Matlen has been interviewed by National Public Radio, the *Wall Street Journal*, *Time Magazine*, the *New York Times*, *US News and World Report*, *Newsday*, *Today*, *CBS This Morning*, *The Jane Pauley Show*, *Ladies' Home Journal*, *Glamour*, and others.

Foreword writer **Sari Solden, MS, LMFT**, is a psychotherapist and consultant in Ann Arbor, Michigan, who has counseled adults with ADHD for over twenty-five years. She is the author of the pioneering books *Women with Attention Deficit Disorder* and *Journeys Through ADDulthood*, as well as a prominent keynote speaker at national and international ADHD conferences. She serves on the professional advisory board of the National Association for Adults with Attention Deficit Disorder (ADDA) and was a past recipient of their award for outstanding service by a helping professional. Solden's areas of specialization include women's issues, inattentive ADHD, and the emotional consequences and healing process for adults who grew up with undiagnosed ADHD.

## **Users Review**

### **From reader reviews:**

#### **Edwin Dulac:**

Book is actually written, printed, or outlined for everything. You can understand everything you want by a publication. Book has a different type. As we know that book is important factor to bring us around the world. Close to that you can your reading expertise was fluently. A guide *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done* will make you to possibly be smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think in which open or reading the book make you bored. It isn't make you fun. Why they are often thought like that? Have you seeking best book or suited book with you?

#### **Mark Miller:**

Book is to be different for each grade. Book for children till adult are different content. As we know that book is very important normally. The book *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done* was making you to know about other understanding and of course you can take more information. It is quite advantages for you. The reserve *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done* is not only giving you considerably more new information but also being your friend when you really feel bored. You can spend your current spend time to read your guide. Try to make relationship using the book *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done*. You never sense lose out for everything when you read some books.

#### **Mary Jones:**

People live in this new moment of lifestyle always try and and must have the spare time or they will get lots of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then do you try this one,

reading guides. It can be your alternative in spending your spare time, the book you have read is usually *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done*.

**Pamela Postma:**

This *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done* is great guide for you because the content that is certainly full of information for you who all always deal with world and have to make decision every minute. This book reveal it facts accurately using great manage word or we can declare no rambling sentences inside. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but difficult core information with lovely delivering sentences. Having *The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done* in your hand like finding the world in your arm, facts in it is not ridiculous just one. We can say that no publication that offer you world within ten or fifteen second right but this book already do that. So , it is good reading book. Hello Mr. and Mrs. occupied do you still doubt in which?

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