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Dr. Edward Hallowell - Crazy Busy Crazy Busy Dr Hallowell on Being Crazy Busy **Crazy Busy Taking Back Control of Your Crazy Busy Life** Listen Back: Tips to Avoid Feeling Fearful, Frustrated \u0026amp; Frenetic *Dr. Hallowell Encourages you to Take Back Control ????? ????? ??????????- ??? ????? ????? #Time_Management #RimaTV* *Dr. Edward Hallowell Crazy Busy: Genius Network Interviews ~~Nikisha Lee Ten Talents Health Te: Temperance and Air Why Smart People Underperform Dr Hallowell On being Crazy Busy Dr Hallowell Adult ADHD \u0026amp; High Achievers Part II~~*
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Who cannot relate to being "overstretched, overbooked, and about to snap?" As with his other books, Dr. Hallowell presents not only the problem (overcommitted, 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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CrazyBusy by Edward M. Hallowell M.D.
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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 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 donating it to our local CHADD lending library. 2 people found this helpful

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