

# [PDF] CrazyBusy: Overstretched, Overbooked, And About To Snap! Strategies For Handling Your Fast-Paced Life

Edward M. Hallowell M.D. - pdf download free book

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**Books Details:**

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## **Description:**

**From Publishers Weekly** Hallowell (Driven to Distraction; Delivered from Distraction) turns what he has learned treating Attention Deficit Disorder into advice on how to cope with rampant busyness, "the problem and the opportunity" of modern life. He explains how to turn "the rush, the gush, the worry, and the blather (which also includes clutter)" into allies, so that one can have the things one wants with the speed, volume and emotional energy of the crazy-busy lifestyle. The roadmap Hallowell offers is helpful; that is, if one can manage to pick this book out of the never-

ending stream of stimuli and find the time to read it.

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**About the Author** Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now director of the Hallowell Center for Cognitive and Emotional Health in Sudbury, Massachusetts. He is the co-author of *Delivered from Distraction* and the author of *The Childhood Roots of Adult Happiness and Worry*, among other titles. He lives in Arlington, Massachusetts, with his wife and three children. He welcomes hearing from readers and can be reached through his website, [www.DrHallowell.com](http://www.DrHallowell.com).

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