

[PDF] ADD-Friendly Ways To Organize Your Life

Judith Kolberg, Kathleen Nadeau, Lisa Renee Pitts - pdf download free book

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Description:

About the Author Kathleen Nadeau, Ph.D., is a clinical psychologist and the director of Chesapeake Psychological Services in Bethesda, Maryland. She is the author or coauthor of a number of books, including ADD in the Workplace, Understanding Women with AD/HD, and Learning to Slow Down & Pay Attention. Judith Kolberg is a professional organizer and the founder of the National Study Group on Chronic Disorganization. She has been a member of the National Association of Professional Organizers since 1990 and is a recipient of the organizations' prestigious Founders' Award. An experienced consultant and sought-after public speaker, she is also the author of Conquering Chronic Disorganization and Organize for Disaster. Judith lives in Atlanta, Georgia. Lisa

Renee Pitts is an award-winning actress in theater, television, and film, as well as an accomplished audiobook narrator. She has been seen Off-Broadway, in Europe, and in regional theaters across the United States, performing leading roles in such prominent plays as *A Raisin in the Sun*, *Doubt*, *Waiting for Lefty*, *Valley Song*, and *Our Town*. Her television appearances include *The Shield* and *Law and Order*, and she played the recurring role of Allison Sawyer on the hit family drama *Lincoln Heights* for the ABC Family Channel. Lisa's audiobook titles include biographies, fiction, nonfiction and children's novels, including *Pushkin and the Queen of Spades* by Alice Randall, for which she won an AudioFile Earphones Award for excellence in narration. Other notable titles are *Left to Tell* by Immaculee Ilibagiza, *Better Than I Know Myself* by Virginia DeBerry and Donna Grant, and *My Name Is Not Angelica* by Scott O'Dell. Lisa is a graduate of Rutgers University, where she received her B.F.A. in Theater Arts. She lives in Burbank, California.

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