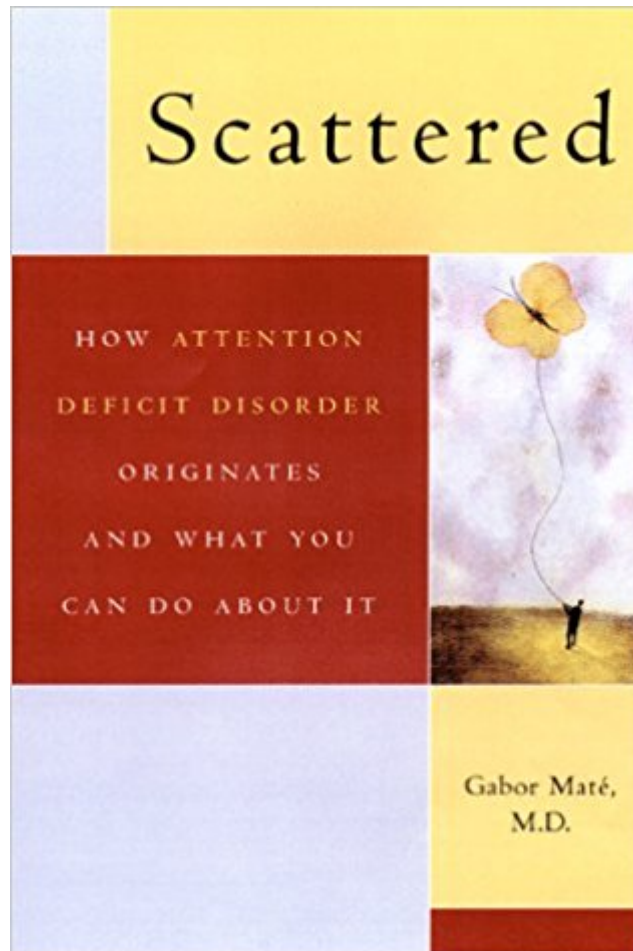




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Scattered: How A.D.D. Originates And What You Can Do



Synopsis

An controversial analysis of the true cause of Attention Deficit Disorder. In the United States more than 3 million children--and numerous adults--suffer from A.D.D. Based on personal experience and years of medical practice and research, *Scattered* is a groundbreaking book that explodes the conventional wisdom that A.D.D. is a genetically based disorder, declaring instead that its roots are environmental. Dr. Gabor Mate, a family physician and himself an A.D.D. sufferer, asserts that A.D.D. originates in infancy as a response to conditions that fail to provide a necessary degree of emotional or physical security. Financial problems, marital strife, job stress, and substance abuse can all create an environment that may trigger A.D.D. In *Scattered*, Mate's mission is not to place blame. Instead, he provides the means of identifying problems and arms parents and readers with the necessary tools to solve them. His plan for healing is an optimistic approach, placing emphasis on what changes need to be made to a child's environment instead of focusing strictly on what is wrong with the child. Neither pro nor anti-drug, Mate believes that medications such as Ritalin should be considered as part of the overall treatment of A.D.D.

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Customer Reviews

In one of the most comprehensive and accessible books about Attention Deficit Disorder (ADD), *Mat?*, a Canadian physician and popular medical columnist, challenges many accepted notions about the condition, which afflicts more than three million children and a significant number of adults. An ADD sufferer himself, and the father of three children battling the disorder, Mat?

discusses its origins and development, drawing on four years of study, research and patient interviews. Since its discovery in North America in 1902, ADD has been characterized by a poor ability to focus, deficient control of impulses and hyperactivity. Taking a maverick stance, Mat? doesn't believe it is purely a genetic condition, but rather one with a physiological component linked to culture and environment. He contends that it can stem from a variety of ordinary sourcesAfrom stress to marital woes, from school and peer pressures to substance abuseAcausing serious problems in academic achievement, employment and relationships. In chapters that include his patients' commentaries on the impact of ADD on their lives, Mat? discusses its symptoms, ADD in the classroom and effective ways parents can handle and treat the unruly behavior of children with the disorder. In the closing pages of this well-documented but sure-to-be-controversial book, he effectively hammers home his suspicions about the possible over-prescription of Ritalin and other drugs to control rather than heal children, and proposes that, in some cases, emotional support, patience and love can be more powerful remedies than chemicals. Copyright 1999 Reed Business Information, Inc.

Among the recent epidemic of books on Attention Deficit Disorder (ADD), this one is valuable for its stress on environmental issues and the author's experience with the syndrome in his own family. Though a physician himself as well as a columnist for Canadian newspapers, Mat? dismisses the "medical model" of ADD, arguing that it is the combined result of genes and stressed parenting. Neurological deficits intervene in this process. Drug therapy is viewed as useful but no panacea for what is essentially a problem of society and human development. Well-written explanations and descriptive case studies fill the book, and guiding principles and suggestions for reversing the course of ADD through therapy make it useful for parents, stricken adults, and counselors alike. Focusing on parents as the cause of psychological disorders is not a new idea, though, and Timothy Wilens's Straight Talk About Psychiatric Medications for Kids (LJ 2/15/99) may be more practical in a society where drug therapy is ubiquitous. For public libraries with comprehensive ADD collections.AAntoinette Brinkman, Southwest Indiana Mental Health Ctr. Lib., Evansville Copyright 1999 Reed Business Information, Inc.

Perhaps the best book I've read on ADHD, and really helped me to understand my spouse so much more. It's helped me understand why he does some of what he does, and thus it has dissipated my anger with his condition and helped me understand better how to help him. This book was therapeutic to discuss with a friend who's wife was a later in life diagnosis as well. I just keep going

back to it, especially the bits about time management.

Made a huge impact on my husband, especially just the impact of seeing someone as evidently successful as Dr. Mate discussing his struggle with ADD. Highly recommended for anyone with the condition or their family members!

Can't say enough about this book. Gabor Mate also wrote *In the Realm of the Hungry Ghost* about addiction. You will be amazed how he manages to make text book type material fascinating and personal.

Not as engaging as his later book "*In the Realm of Hungry Ghosts*", but a good informative read nonetheless.

Great book by a superb writer. Buy it . . . You'll love it.

Dr. MatÃ© has written with great wisdom and care about a subject he knows professionally and personally. He's not into dazzling the reader with facts (though he provides plenty of solid ones) or writing a self-help book (though there is plenty of good advice). He merely tries to look at ADD through a larger lens that encompasses not only the pharmacological and psychological but also the philosophical and spiritual. Attention deficit results from human deficit, a denial of our true selves by repression of thoughts and feelings, both in ourselves and in the ones we love. We need to embrace more fully our flawed humanity and treat our fellow humans, especially our children, with more acceptance and loving kindness. In short, we need to start paying attention.

Incredibly insightful and informative. It was like he knew me and described my personality exactly, all the way back to my youth.

This book is phenomenal. I have read many self-help books over the years, and done countless programs to address various issues in my life, but none of them--not one--clearly explained the physiology behind troubling behavior. Now that I understand that these are not innate character flaws, I feel like it's finally possible for me to absolve myself of constant criticism, and to begin the healing process totally fresh. As well, this book recommends healing advice, presented in a clear, concise, compassionate way. I would also recommend "*Scattered*" for anyone struggling with

addiction, depression, anxiety, and other issues that may stem from the same childhood disruption of attachment. It has also softened my perceptions and judgments of people; I have started to understand that each person has a backstory behind their suffering, which causes them to act out. I am finally hopeful.

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