

## The Queen of Distraction

How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done

by Terry Matlen, MSW



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Non-Fiction - Self Help

224 Pages

Reviewed on 06/17/2015

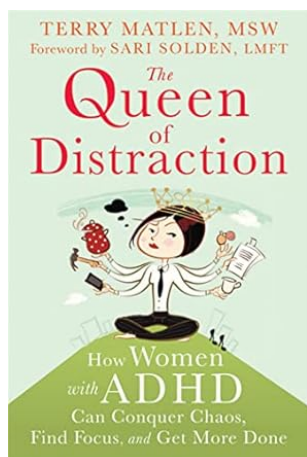
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## Book Review

**Reviewed by Mamta Madhavan for Readers' Favorite**

The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done by Terry Matlen, MSW, is a book that focuses on those women with ADHD and throws more light on the problems faced by women with ADHD. It is helpful in making them less stressed and more successful in pursuit of their goals. The personal stories, tips, and advice shared in the book are useful to therapists and counselors who are working on and around these women. The book is honest, practical, and humorous. The author's personal wisdom and professional knowledge of the subject make this book a must-read for all those women with ADHD and also for those working with them.

The author discusses in detail descriptions of ADHD and also the solutions for it. The book reiterates the fact that one can move on and make their life successful with hard work and perseverance, in spite of having ADHD. The topic is discussed extensively and expansively, and with clarity. The symptoms described will help readers identify whether they have ADHD or not. The book also tells those with ADHD how to tame the clutter beast, a problem which most of them with ADHD have. All symptoms are explained in detail and the book will give a sense of relief to those with ADHD by helping and guiding them to understand their own self in a better way. It can be used as a reference book as it is full of information and resources. Great cover. It captures the essence of the book very nicely.



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## Author Biography

 Terry Matlen, MSW, ACSW is a psychotherapist, consultant, writer, and coach, specializing in adult ADHD. She has a special interest in women with ADHD and parenting the ADHD child when one or both parents also has ADHD.

Terry is the author of two books: "The Queen of Distraction" and "Survival Tips for Women with AD/HD" and is the founder/president of the internationally recognized, award winning website, [www.ADDconsults.com](http://www.ADDconsults.com). She also runs [www.QueensOfDistraction.com](http://www.QueensOfDistraction.com), an online coaching program for women with ADHD, and offers a number of other online resources for women with ADHD. She also co-founded the Virtual ADHD Conference.

A nationally-recognized expert and speaker on ADHD, she served for many years on the board of directors, including several as vice-president (currently serving on the PAB) of ADDA (Attention Deficit Disorders Association), is immediate past coordinator of the Eastern Oakland County CHADD (Children and Adults with ADD) Chapter in Michigan, and is also the founder/moderator of the first and largest international listerv serving ADHD professionals. She is certified through the Institute for the Advancement of ADHD Coaching as a Senior Certified Coach (SCAC).

Terry has been interviewed and quoted widely in such media as NPR, The Wall Street Journal, Time Magazine, US News and World Report, Newsday, The Today Show, CBS Morning News, The Today Show, The Jane Pauley Show, Ladies Home Journal, Glamour, and more. She received an M.S.W. in Clinical Social Work and a B.S. in Art Education from Wayne State University.

You can find Terry on her website at [www.ADDconsults.com](http://www.ADDconsults.com), at [www.Facebook.com/ADDconsults](https://www.facebook.com/ADDconsults), on Twitter at TerryMatlen or she can be reached at [terry@ADDconsults.com](mailto:terry@ADDconsults.com)