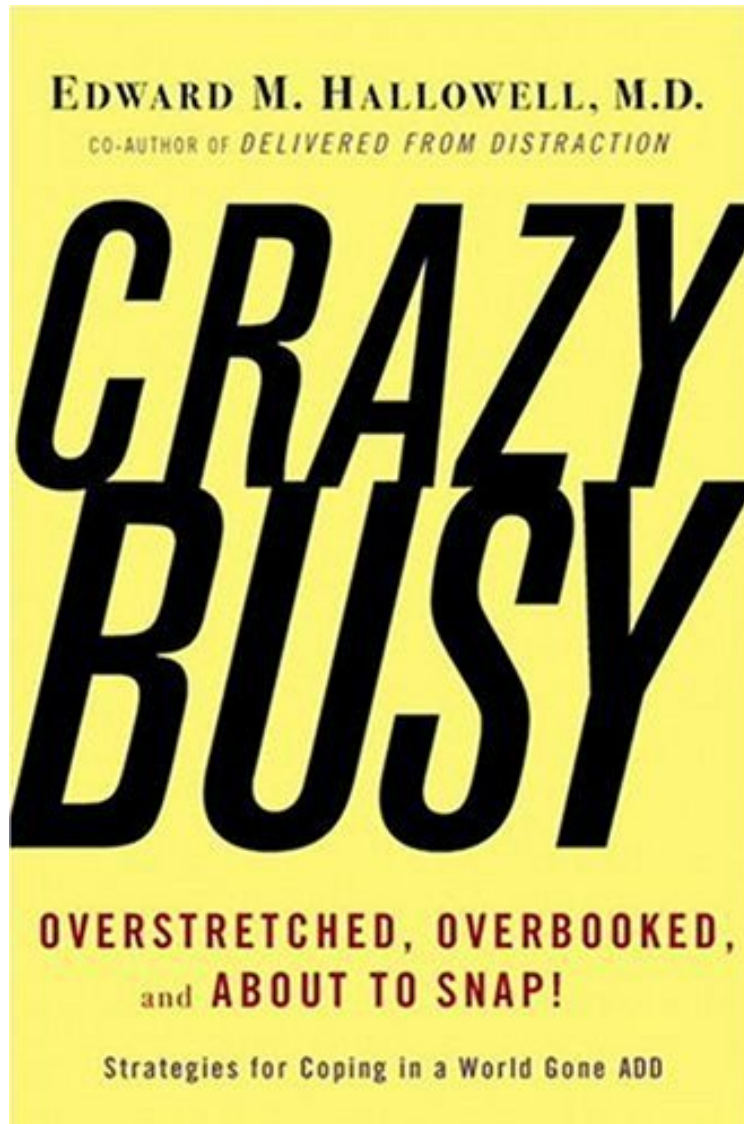


(Download) CrazyBusy: Overstretched, Overbooked, and About to Snap! Strategies for Handling Your Fast-Paced Life

CrazyBusy: Overstretched, Overbooked, and About to Snap! Strategies for Handling Your Fast- Paced Life

Edward M. Hallowell Md

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Edward M. Hallowell Md : CrazyBusy: Overstretched, Overbooked, and About to Snap! Strategies for Handling Your Fast- Paced Life before purchasing it in order to gage whether or not it would be worth my time, and all praised CrazyBusy: Overstretched, Overbooked, and About to Snap! Strategies for Handling Your Fast- Paced Life:

119 of 121 people found the following review helpful. An Invaluable Book of Useful and Usable Coping Strategies,

and an Invitation to Personal Growth

By Dr. Richard G. Petty

We live in an addicted, overloaded society in which hypomanic behavior has become valued and rewarded. Is this something new, or a culmination of forces that have been acting upon us for centuries? We have all been multitasking since before our ancestors came down from the trees, but our attention is now constantly being distracted by a host of new inputs: email, text messaging, instant messaging and a hundred other things. Just think of those news broadcasts that since 2001 have regularly had more than one item at a time on the screen. Many of us have learned to give only partial attention to the task before us. The downside of this is that the myth that we can all be competent multitaskers ("Look mom, I can do ten things at once!") is an illusion. If you are only working on a project with 10% of your attention, not only is it going to take much longer to get it done, but errors are far more likely to occur.

Edward Hallowell is well qualified to write this important book. He is a psychiatrist who tells us that he has also been diagnosed with Attention Deficit Disorder, and he has spent years working on practical solutions for his patients. He then realized that many of the strategies that he designed for sufferers of the disorder could also help people being overloaded by too many demands on their time and energy. This is a well written book by someone with a personal interest in finding strategies that work, and who has test-driven and refined them in his practice for years. What I particularly like about his approach is that although he offers a number of suggestions for quick fixes, he also goes to the next step, and discusses how being busy, overloaded and forced into ineffective multitasking can present us with an opportunity. It is disappointing how few of those who give advice in books, magazines, on the Internet and on television, ever go beyond the psychological band-aid to developing long-term solutions. Dr. Hallowell spends a substantial amount of time on how to turn the challenge of being "Crazy Busy" into a source of creativity, ingenuity and inspiration. He goes through a series of simple steps that can help the busiest person unpack the causes and consequences of being caught up in a maelstrom of frustrating activity. Some self-help books are frightfully impractical: a 300-page book on depression for someone suffering from the illness, who likely cannot read at all; a dense 250-page treatise on how to avoid being overly busy, aimed at people who don't have time to sit down to eat, and so on. This book does the difficult balancing act of providing plenty of "meat," while also getting down to practicalities that can indeed be incorporated into the day of a person whose life may have become unmanageable. Dr. Hallowell has done us all an important service.

1 of 1 people found the following review helpful.

Boy did I need this one.

By Linda Lochridge

I loved this book. Dr. Hallowell takes a balanced view on how crazy busy our lives have become. He understands we can't all just unplug or go back to a simpler time, nor would we want to. He includes links to his website, and I have signed up for his newsletter, which is also very helpful. Crazy Busy is easy to read but jammed packed with useful information and things we all need to think about.

0 of 0 people found the following review helpful.

I needed this book

By Buck P Creacy

I'm an vocal artist, a father, a toolmaker, poet, storyteller, radio personality and my life can get; crazy. I have to work, I need to perform and I must get paid. I've never believed in "finding balance" but I'd always hoped that living a life connected in the moment was possible. This book makes me know what I always suspected; it is possible to live the life I dreamed of for so many years.

Don "Buck P" Creacy

Working America's Storyteller

Are you too busy? Are you always running behind? Is your calendar loaded with more than you can possibly accomplish? Is it driving you crazy? You're not alone. Crazy Busy; the modern phenomenon of brain overload; is a national epidemic. Without intending it or understanding how it happened, 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 book, this brain overload has reached the point where our entire society is suffering from culturally induced ADD. Crazy Busy is not just a by-product of high-speed, globalized modern life; it has become its defining feature. BlackBerries, cell phones, and e-mail 24/7. Longer work days, escalating demands, and higher expectations at home. It all adds up to a state of constant frenzy that is sapping us of creativity, humanity, mental well-being, and the ability to focus on what truly matters. But as Dr. Hallowell argues, being crazy busy can also be an opportunity. Just as ADD can, if properly managed, become a source of ingenuity and inspiration, so the impulse to be busy can be turned to our advantage once we get in touch with our needs and take charge of how we really want to spend our time. Through quick exercises (perfect for busy people), focused advice on everything from lifestyle to time management, and examples chosen from his extensive clinical experience, Hallowell goes step-by-step through the process of unsnarling frantic lives. With Crazy Busy, we can teach ourselves to move from the F-state; frenzied, flailing, fearful, forgetful, furious; to the C-state; cool, calm, clear, consistent, curious, courteous. Dr. Hallowell has helped more than a million readers free themselves of the distractions and compulsions of ADD. Now in Crazy Busy, he offers the same sound, sane, and accessible guidance for anyone suffering from the harried pace of modern life. If you find yourself pulled into a million different directions, here at last is the opportunity to stop being busy, start being happy, and still get things done.

From the Hardcover edition.

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. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. 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. To schedule a speaking engagement, please contact American Program Bureau at www.apbspeakers.com nbsp; Excerpt. copy; Reprinted by permission. All rights reserved. The Agony of a Rotary Phone My family stayed at a lakeside cottage last summer where the only telephone was an old-fashioned rotary model. The cottage was so remote that there was no cell phone service, just the stolid black telephone sitting atop a tattered phone book on an end table next to a worn-out peach-colored couch. I remember the first time I dialed that phone. It was morning. I'd gone out for a wake-me-up swim, poured myself a cup of coffee, and was sitting on the couch to call a friend to see if he and his kids might like to join my wife, my kids, and me that night at a minor league baseball game. There was no urgency to this call, no need for me to hurry. Yet as I started to dial, got angry, and impatience flamed within me because on this phone I had to wait for the rotor to wind back to its starting point after each number. It was so slow! In addition, it made an irritating screeching sound as it retraced its cycle, like a rusty metal drawer stuck on its runners: 5 . . . 4 . . . 2 . . . 6 . . . I could have entered the entire number on a touch-tone phone in the time it took me to dial just one number on this obsolete contraption. Not to mention how much faster I could have done it with speed dial had I been able to use my cell phone. By the time I had laboriously cranked out the entire number, I was in a total snit. How could anyone still own such a slow phone? I fumed. What a stupid phone! How backward! How dumb! But then I caught myself. This was absurd. When my friend finally answered, I spoke to him, hung up, and then redialed his number, timing how long it took me: eleven seconds exactly. As if putting my life in danger, those eleven slow seconds had annoyed me beyond reason. What a fool I had become. What a modern man. I felt embarrassed at my automatic impatience. I had become a man in a hurry even when I had no need to hurry. As the vacation moved along, I changed. I made friends with that old rotary phone. I began to appreciate what it could teach me. The sound it made started to sound less like a stuck drawer and more like an old windmill still stoutly doing its work after all these years. I came to think of it as a wise counsel, ensconced on its end table like a Buddha cautioning me to take my time and enjoy, while they lasted, the summer, the childhood of my kids, the ripening of my marriage, and these best years of my life. Without intending for it to happen or knowing how it got started, many people now find that they live in a rush they don't want and didn't create, or at least didn't mean to create. If you feel busier now than you've ever been before, and if you wonder if you can keep up this pace much longer, don't feel alone. Most of us feel slightly bewildered, realizing we have more to do than ever—with less time to do it. Look at what's happened to the usual "how are you" exchange. It used to go like this: "How are you?" "Fine." Now it often goes like this: "How are you?" "Busy." Or, "Too busy." Or even, "Crazy busy." If you're busy doing what matters to you, then being busy is bliss. You've found a rhythm for your life that works for you. This world is bursting with possibilities; its energy can be contagious. If you catch the bug, you want to jump out of bed each day and get busy, not because you are run ragged by details or because you are keeping the wolf from your door, but because you are in love with this fast life. At its best, modern life dazzles us, giving us a chance to get more done in a minute than used to get done in a month. But if being busy keeps you from doing what matters most to you, or if it leads you to do things you deem unwise, like getting angry at a rotary telephone, then being busy is a problem. This book is about both the problem and the opportunity—where this peculiar life comes from and how to turn it to your advantage. In order to make this crazy world work for you and not against you, you must decide what matters to you most and focus your attention on that. In days gone by, this was not nearly as difficult as it is today. That's because the selection was not nearly as broad, and the thieves of time, attention, and mental energy were not nearly as common or as clever as they are today. Today, these thieves have never had it so good. If you're not wise to their tricks, it is likely that they will run you faster and faster as they steal more and more of your time, attention, and energy, leaving you less and less for what you want to do. Being too busy, which can seem necessary and unavoidable, can become a habit so entrenched that it leads you to postpone or cut short what really matters to you, making you a slave to a lifestyle you don't like but can't escape. You can be so busy that you don't even take the time to decide what actually does matter most to you, let alone make the time to do it. Others created this lifestyle. It looked like the only way to go, the way of the future. What were you supposed to do, be a Luddite and refuse to buy a cell phone or a BlackBerry? Not go wireless? Refuse to enroll your kids in soccer, violin, and SAT tutoring? Refuse to take on the added debt of the extra week of vacation your spouse and kids were counting on? Have simple birthday parties the way they used to in the 1950s and 1960s? Figure out a way to live with just one car? Or just two? Say no to braces for your daughter? Let your yard go to seed? Refuse to

give your time to the cancer foundation your friend is heading up? Refuse to do the extra work your boss asks you to do because half your staff got laid off? What if yoursquo;re next? Unaware of the hidden consequences, and without making a conscious decision to do so, soon you found that you and your family had joined right in. It happened slowly, over the past five to ten years. Had you known then what you know now, you might have done things differently. It is like the story of frogs in water. If you put a frog in a pot of boiling water, he will try to jump out. But if you put a frog in a pot of cold water and heat it up slowly, you will end up with a boiled frog. Someone turned up the burner on us in the mid-1990s. Wersquo;re not boiled yet, but wersquo;re definitely feeling the heat. Before the water boils, it might be a good idea to jump out. Not jump out of modern life and head off to Walden Pond (though even it swarms with busy tourists), but adjust the temperature yourself instead of letting some diabolical chef set it for you. The greatest damage from being too busy is that it prevents people from setting their own temperature, controlling their own lives. It does other harm as well, like increasing toxic stress, making people sick, causing accidents and errors, turning otherwise polite people rude, and reducing the general level of happiness in the population. But the greatest damage it does is that it keeps a person from whatsquo;s most important. Being too busy is a persistent and pestering problem, one that is leading tens of millions of Americans to feel as if they were living in a swarm of gnats constantly taking bites out of their lives. All the screaming and swatting in the world does not make them go away. Being too busy plagues the best and brightest people in this country, if not the world. Legions of smart people everywhere feel overly busy; they rack their brains to find a better way, struggling to regain control of their lives. I want to explore this difficult problem, offer some solutions that can work for you, and most important, prompt you to create your own solutions.