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# CrazyBusy

OVERSTRETCHED,

OVERBOOKED,

and ABOUT TO SNAP!

Strategies for Handling Your Fast-Paced Life

"Valuable advice . . . Too busy to read this book?  
Then you really need to." —*USA Today*

# Resumo de Crazybusy: Overstretched, Overbooked, and about to Snap! Strategies for Handling Your Fast-Paced Life

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 simply "Crazy." Without intending for it to happen or knowing how, when, or why it got started, many people now find that they live in a rush they never wanted.

If you feel busier than you've ever been and wonder how this happened and how you can keep up the pace much longer, you are hardly alone. Crazy? Maybe not.

Dysfunctional? Yes, indeed. We all have more to do than ever before -- and less time to do it. In this highly listenable audiobook, the foremost expert on ADD, Ned Hallowell, explores the society-wide phenomenon of culturally induced ADD.

Being busy may very well keep you from doing what matters most, or it may lead you to do things you deem unwise (like getting angry, for example). Being busy is a problem for almost all of us.

This audiobook is about both the opportunity and the problem -- where this peculiar life comes from and how to turn it to your advantage. Offering solutions to this difficult, complex problem that might work for you, most importantly, "Crazybusy" may prompt you to create solutions of your own.

"From the Compact Disc edition."

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