

1. Record Nr.	UNINA9910717418403321
Autore	Lachenmeier Heiner
Titolo	ADHD and Success at Work : How to turn supposed shortcomings into strengths / / by Heiner Lachenmeier
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2023
ISBN	3-031-13437-0
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (XVII, 168 p. 26 illus. in color.)
Disciplina	050
Soggetti	Psychiatry Clinical psychology Clinical Psychology Trastorns per dèficit d'atenció amb hiperactivitat en els adults Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1. Introduction -- 2. One Person's ADHD is not the same as Another's -- 3. The Functional System of ADHD -- It's not that ADHDers think too little – they just think too widely -- 4. fundamentals of ADHD in the World of Work -- 5. Directly Job-related: ADHD Works! -- 6. The Curse of Negative Hyperfocus (negative tunnel vision) -- 7. The Self-Worth Issue -- 8. ADHD Medication and Job -- 9. Transition: Growing up with ADHD. Adolescence, career choice, education and further training -- 10. Quintessence -- Index -- About the author.
Sommario/riassunto	This book explains, in engaging language, the emotional experience and possible behavioural patterns of ADHD on the bases of its neurobiological function, with a focus on the opportunities and obstacles faced by those with ADHD in professional education as well as in the course of a professional career. A number of conceptualization concerning the central traits of ADHD such as negative hyperfocus, unusual learning curve, questions of selfesteem and emergency-benefits are unfolded for the first time in detail, combined with actionable explanations on how to deal successfully with these traits. In consideration of readers with ADHD, the text is

carefully written in a way that grabs your attention with: short sections, numerous illustrations, mini case histories and additional facts as extras. The book is meant for persons with ADHD and their families, for employers and HR responsables and last but not least for physicians, psychiatrists, psychologists, social workers and other professionals who want to understand in depth the functioning and emotional experiencing of ADHD and how to deal with it in practice.
