



What Does Everybody Else Know That I Don't?: Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder

Michele Novotni , Richard Dimatteo (Illustrator) , Randy Petersen

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Focusing on social skills training for adults with attention deficit/hyperactivity disorders (AD/HD), this book offers solutions for tackling behavior that is often inattentive, impulsive, and hyperactive. Advice is given on how to handle common social problems such as manners, etiquette, communication, subtext, listening, and interpersonal relationships. The format of the book is designed for AD/HD learning styles and includes true stories, practical exercises, and tips that keep those with AD/HD reading. Adults with AD/HD learn how to identify behaviors in themselves that can cause problems in social relationships.

What Does Everybody Else Know That I Don't?: Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder Details

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From Reader Review What Does Everybody Else Know That I Don't?: Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder for online ebook

Derek says

With the growing number of people realizing that they too have ADHD, it is a good idea that everyone at some point should read this book. Like having a cure for cancer, a better understanding of people in this world we share, can greatly improve human relations. Simply being lazy, and exclaiming this person is crazy, dumb, or weird just isn't going to work if we want to continue as a race on this planet. Much of who we are can sadly be controlled by emotions not in our power to control. Therefore, having an understanding society, not prone to say things like "being ADHD is no excuse for the way you act", we can endure that which makes us uncomfortable, and move forward in an effort to improve civilization.

Dustin Hartley says

Was this book seriously written for adults?

Kelly Ballance says

Quick read. The concepts are explained simply, in a memorable manner that made it easy for me to share the knowledge with friends and family (AD/HD and otherwise). Due to the simple-to-graspable writing style, I am concerned that folks may not see the information as useful as it truly is. I find that some had a tendency to skip over parts that they felt they mistakenly felt they already had a grasp on.

Beth Shields-Szostak says

Read to understand the issues faced by some adults-to-be I know

Emily A says

While I'm sure this book would be very useful to some people with ADHD or ADHD-I (ADD), I am not one of them.

I personally found it condescending that the book's first chapter outlined a list of social rules that the author learned "in Kindergarten", and then used that list to summarise the book's contents. While it's one thing to fairly note that social skills are rarely taught above grade school level for those who may have "blinked" during those years, it's frustrating as an adult with ADHD-I to be framed by the assumption that my social skills must have stalled aged five in order to feel socially alienated.

There is little advice for navigating or building emotionally complex relationships - rather, the author's advice for improving social skills assumes the preexistence of S.O.s or friends who will help you. Clearly, the focus is on making a good first impression on acquaintances. Again, I'm sure some people will find this useful. I personally don't.

As perhaps can be expected, the book is out of date with social media and the internet. It discusses snail mail as a regular method of communication. One of my personal ADHD problems is coping with being "constantly online", and combined with an inaccurate/simplistic explanation of time-blindness, I'm not getting any help here.

I do appreciate the description of "blinking" in conversation, despite the frame that people with ADHD must get mad at people "not telling them things", instead of neurotypical people often getting mad at having to repeat themselves when asked to confirm.

Beth A. says

This book's main theory is that it's difficult to learn the unwritten rules of social behavior when you're too distracted to notice subtle social cues. There was some good information in here, but this book is written on a **very basic level**. In other words I already knew most of the rules and suggestions, even if at times they're difficult for me to apply.

One thing I did learn, that I haven't heard of anywhere else, was what Novotni called "blinks and blanks." Sometimes I'll be in a conversation, and it's interesting to me, and I **am** paying attention, and all of a sudden I've missed something. I thought I was the only one. It's a bit comforting to give this a name and realize it happens to other people too.

Becky says

only on part two - but so far very good at pinpointing the areas I need to work on

Susie says

Awesome! This book explained ME and why I am who I am and all about me. I recommend this to anyone with ADHD, has a child or family member who has it, or may be suspected of having ADHD. Highly recommended for teachers and parents, and even those who work with difficult or somewhat 'different' individuals.

Kay Vanatta says

an easy read FULL of fantastic ideas and suggestions for everyone! All the things you think everyone should already know... but you don't...

