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Answers To Distraction provides practical solutions to the dilemmas of ADD. This "user's guide" to ADD is presented in question-and-answer format ideal for even the most distractible reader. Each chapter covers a specific aspect of ADD, such as ADD in women, ADD and aggression, ADD and addiction, or ADD and work.

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answer could be that you work backward from the deadline when planning your approach to a project, breaking it into smaller tasks and setting mini-deadlines for each task leading up to the project's overall due date. In that way, you are continually making progress each day, and you ensure the project is completed on time.

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answer is lower - 20% of teens surveyed by Distraction.gov said they participate in this type of behavior while driving. Still, looking at your phone at all—let alone multiple times while on the road—can be very dangerous. 40% Incorrect.

## **When Distraction Is a Good Thing | Psychology Today**

Dr. Ned Hallowell, ADD  
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