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## Distance Learning Helps Chronically Disorganized

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### Distance Learning Helps Chronically Disorganized Adults

During the month of March ADD Coaching Programs focus on helping adults who suffer from chronic disorganization.

Middleboro, MA (PRWEB) February 20, 2008 -- ADDClasses.com is a distance learning source helping to educate and support people affected by Attention Deficit Disorder. Each month www.ADDClasses.com offers free ADHD related Teleseminars. In addition to the free Teleseminars ADDClasses.com also offers a Library of ADHD related Audio courses and more in depth ADD Coaching Programs.

The most popular ADD Coaching Program offered by www.ADDClasses.com is Adult ADD BootCamp - Organized and in Control. Adult ADD BootCamp is a 6 week intensive distance education program teaching chronically disorganized adults skills and strategies to support them in getting their lives organized and back in control. Adult ADD BootCamp participants don't just learn the skills they also practice and apply them during this 6 week program. Adult ADD Bootcamp uses the ADD Audio Coach by Linda Hillger and Richard Carlson as the text for the program.

With the start of the spring season March is a great month to focus on getting organized. Adult ADD BootCamp is led by Linda Hillger who is an ADHD Coach, Professional Organizer and Author. "Over the past three years Linda Hillger and the Adult ADD BootCamp have helped hundreds of chronically disorganized adults get their lives back in control", says Tara McGillicuddy director of www.ADDClasses.com. The next session of Adult ADD Bootcamp begins on Wednesday March 5, 2008 at 9:00 pm EST.

The newest ADD Coaching Program offered by www.ADDClasses.com is the ADD Book Club. "The ADD Book Club is more than just a regular book club, it offers its members structure, support, education, coaching, and convenience," says Tara McGillicuddy director of ADDClasses.com. Each week the ADD Book Club discusses a helpful book related to Adult ADHD over the telephone. In between the telephone meetings, members also receive support through the private members only forum.

The ADD Book Club is led by ADHD Coaches, Scott Lewis and Cindy Giardina. Beginning on Monday March 3, 2008 at 9:00 pm EST the ADD Book Club will begin discussing the book ADD-Friendly Way to Organize Your Life by Judith Kolberg and Kathleen Nadeau. Each Monday evening during the month of March the ADD Book Club will discuss tips from the book ADD-Friendly Way to Organize Your Life and support its member in using those tips.

The Adult ADD BootCamp and the ADD Book Club are both excellent programs for adults who suffer from chronic disorganization. Tara McGillicuddy says "With the start of the spring season March is a great month to focus on getting organized."

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