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One Page At A Time: Getting Through College With ADHD

Phill Pappas

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One Page At A Time: Getting Through College With ADHD Phill Pappas
One Page At A Time is about the author’s battle in getting through college with ADHD. This book focuses on techniques and strategies implemented, and struggles and successes experienced, throughout his college years. Phill gives us insight into the simple changes that enabled him to gain a new understanding of his capabilities both in and out of the classroom. In a direct and enjoyable style, the book focuses on major issues such as procrastination, organization, choosing classes, study routines, medications, professors, and many others. One Page At A Time is written for people with ADHD who are in college or are planning to further their education in any way. However, it holds valuable advice for anyone with ADHD. It speaks to its audience with truth and honesty. You can read this book from cover-to-cover, or you can flip through sections at a leisurely pace. The goal of the author is to pass on the techniques and skills that he has learned. Take one thing at a time and apply it to your life. Make one change at a time and see where it takes you.

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