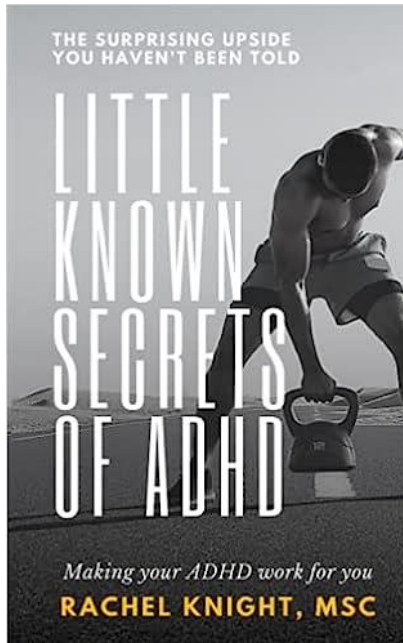


Little-Known Secrets of ADHD: The Surprising Upside You Haven't Been Told



- ASIN : B0754M4LB8
- Publisher : Busy Bee Media (August 24, 2017)

Einstein, that wickedly wonderful scientist. Tony Robbins, the energetic lifestyle guru, Richard Branson, that island-hopping balloon-travelling, Virgin-founding loon. Michael Phelps, the most decorated Olympian of all time. Ingvar Kamprad, billionaire founder of Ikea.

Justin Timberlake (perhaps not the most notorious of the bunch) an impressive 90s tonsil warbler with a bizarre array of business

interests including a tequila factory.

All of these high achievers have (or had) ADHD and contribute the benefits to their success. And there are a whole host more.

Every successful entrepreneurial person I know has ADHD, or at the very least the tendencies of ADHD. It's prevalent amongst the pinnacles of human achievement.

Digging a little deeper, it didn't surprise me when I found people with ADHD are 300% more likely to start their own businesses.

I don't want to disrespect anyone by suggesting that the challenges of ADHD are negligible, because very often they're not, but isn't it about time to shift the focus of the conversation surrounding ADHD to more of an open minded tone, rather than discussing only the problems?

I wanted to answer the following questions: What benefits and challenges have they met and overcome? How has ADHD affected them? How did they find success? Why did they lead such unusual lives? What made them start their own businesses or work for themselves?

One thing became abundantly clear during the interviews. People with ADHD have passion for what they choose to do oozing from their pores.

Their chosen lifestyles work with the ADHD brain, harnessing its vigilance for interesting, dopamine-inducing activities. They have allowed their addictive tendencies to fall on pursuits that were productive and made them happy.

Caveats aside, our ADHD superstars are unafraid, unabashed, and possess the tenacity to get things done.

Everyone's experience of ADHD is said to be slightly different, with various traits ranging from a lack of choice over what absorbs or repels your attention, impulsivity, hyperactivity, excitability, creativity, anxiety, sometimes lots of energy and sometimes a great imagination.

Inattentive children without the hyperactivity element are less likely to be discovered, as they are likely to quietly sit and daydream rather than draw attention to themselves. This type of ADHD is more common in girls than in boys, meaning it is more likely for girls to slip under the radar and not get the guidance they need.

Drug and alcohol abuse have been strongly connected with ADHD in several studies. One study found that in the U.S. 25% of adults being treated for alcohol and substance abuse have ADHD.

Doctor Mo saved a homeless patient's life, arguably because of his obstinate ADHD traits, rather than despite them.

Diagnosed with moderate inattentive ADHD during his fifth year of medical school, he believes that misunderstandings about ADHD abound.

For me it was when I found out I had ADHD. I read more about it and I realized I should pursue the positive aspects and try to make them work for me. If I were to say the most important thing to do after a diagnosis would be to learn more about it.

As one psychiatrist put it ADHD is not necessarily the inability to focus, it can be the inability to shift your focus from one thing to something else. It's not a lack of attention, it's a lack of being able to control your attention. That's why people who get their attention stuck on something productive do very well.

People with ADHD will never be able to do something or learn something that they don't like.

Think of ADHD as a characteristic rather than saying that people with ADHD are all going to love the same things. Not everyone with ADHD is going to love to code [computer programs], or love horse riding, or playing sports, but they are all going to get obsessed with something.

I liked people but it was boring to socialize, I couldn't spend ten minutes talking to someone about their dog or their cat or whatever.

But people with ADHD are often very prepared to argue their case against authority, rather than going along with something that they think is wrong.

The point I want to make is in my opinion if two people with ADHD are equally talented, and one is diagnosed earlier, that person will have the better outcome.

A lot of kids have Oppositional Defiant Disorder- it's the largest comorbidity of ADHD. I have that mildly. My brother had it a lot worse. In essence, you do the opposite of what your parents tell you, for no reason.

However, you made me realize that one of the characteristics of ADHD is hyper-focus. That makes sense to me, as I often get completely sucked into a subject, and even get obsessed with ideas.

I guess I was a bit shocked to discover that I have ADHD traits after doing the test, but after reading up about it, it really resonates

with me. I hate boring jobs and tasks. I really can't stand them! I always find a way to put them off.

So, I found it interesting that ADHD can be thought of as difficulty shifting or controlling attention rather than a lack of attention.

I never thought I had any kind of disorder, if anything, it's the opposite, I've got an ability to do more than other people.

However, being blessed with ADHD means that you just jump into tasks, rather than overthink them and the energy that comes from the passion for what you do lets you achieve the impossible.

I'm very results oriented, very practical. If there is a problem, I think "let's find a solution." Let's not talk about it for hours and explore all the possible reasons, let's just focus on moving on and sorting it out.

Oh my god, I definitely have Oppositional Defiant Disorder. I don't even like my GPS telling me what to do, I turn off the voice and just follow the map on the screen. Otherwise it just gets on my nerves.

What are you passionate about? Where I think I can make some money really, is what I'm passionate about. They're all high risk, but good returns if it works out.

From my experience, what I've found is that ADHD can be a gift, but only if you really master how to channel it.

Because if something doesn't grab your attention or light a bit of a fire in you, from my perspective, I just didn't give a sh*t. Couldn't focus on it. But not just that, I became kind of very disruptive

around it. But the moment that I found something that deeply excited me, I could channel that energy.

The energy that you can create around your passions is endless.

I don't think I have a problem answering to people, it just depends on their attitude and tone. I have to work within a collaborative environment. I can't work within a totalitarian environment at all.

ADHD is about grabbing hold of an idea that you're excited about and channeling all your energy into that. And it's amazing what you can achieve.

I think without that level of ADHD driving and underpinning the energy that I'm putting into this, I'm not sure I'd have been able to achieve a lot of the things that I've done in my life.

But you never felt ashamed for having ADHD? No, quite the opposite, I was proud of it. I still am today, I am deeply proud of it. Haha. I recommend it to you.

Well, with ADHD kids, it comes back to finding and acknowledging a passion, anything with that, the options are endless.

One of my biggest fears in life is being settled to a point where I could tell you what's going to happen in the next six months of my life. I have no idea what's going to happen in my life. I could be living in New York in six months, I have no idea.

See, people don't understand that. For people with ADHD their cost-benefit analysis of tidying is different. Someone with ADHD is going to have to make a lot more effort to keep things tidy. Not only do they not put things away as they go so, they'll have to tidy

up more often, tidying up is also more painful.

So, the cost-benefit analysis is not worth it to be tidy. Especially when for someone with ADHD the benefit of having a tidy house is often not that high, because they're in their head rather than in the moment.

Thankfully my wife has a lot of ADHD traits as well, so when I realized that I thought "Thank god! She's not going to get angry with me."

What really excites you? Call me obsessed but I'm mad for what I do. After I did my first property, and I made about 30k in a few weeks by buying a house, renovating it and flipping it for profit, and I saw that money in my bank account I was hooked. And I love it. I'm really a stickler for the details too, I have a really high standard, everything has to be perfect. Now I'm going Having a simple, clean life. I think a lot about how I can be a better person.

If you judge an ADHD'er by their ability to sit at a desk and complete three hours of administrative duties or studying something they don't enjoy, who is the fool?

Rejection Sensitivity Dysphoria Did you know that people with ADHD usually suffer from an attribute known as rejection sensitivity dysphoria? Which makes self-confidence rather than self-doubt particularly important.

According to ADHD expert Dr. William Dodson M. D., people with ADHD usually experience extreme rejection sensitivity, which means they are likely to experience failure, criticism, rejection or teasing as an intense and almost unbearable emotional pain, or "dysphoria."

But every day in workplaces, schools and homes all over the world, people with ADHD are being judged for abilities that go against their grain, whilst being actively inhibited from taking up activities that encourage their passions because of rigid structures that control their time .

If a person believes that they are faulty, and that there is no hope for improvement, they may enter a state of “learned helplessness” where they no longer try.

Doctor Mo’s late diagnosis means that he never had to deal with other people’s negative expectations, but he still remembers being confused about why “everyone else can do all of these things” except him.

Perhaps it’s a good thing to doggedly refuse to be judged by neurotypicals who insist everybody should live in a calm, controlled, man-made world.

But some people are uncomfortable with boredom, and it drives them forward to seek out passions and experience more excitement, such as the ADHD population. It’s a different set of advantages and disadvantages. The excitement can be productive, or if left undirected, sometimes destructive.

Self-image and self-belief are important for personal progress, and for ADHD dreamers its particularly important to believe in themselves so they can take their various plunges.

The views of cynical people pissing on the parade need to be put where they belong- in the trash. If you’re an ADHD’er, it’s okay to feel angry at such people.

That’s why it’s so wonderful that so many names associated with ADHD are at the pinnacle of human achievement and at the

cutting edge of pop-culture. Defiance is a common attribute of ADHD

“Without that level of ADHD driving and underpinning the energy that I’m putting into this, I’m not sure I’d have been able to achieve a lot of the things that I’ve done in my life.”

Sadly, some people with ADHD seem to feel ashamed when they are unable to fit into a normal or regular life, rather than feeling proud to express their natural talents.

“The last thing you want is someone with ADHD to feel like they’re not good enough, while actually they can have some of the most amazing ideas that can change the world.

It doesn’t take Einstein to see that if the negative feedback from the system in which we live reaches a level that crushes an ADHD’ers self-belief, they might not develop such bravery, or may be crippled with self-doubt about their abilities, and never take a necessary move.

Or if an ADHD’er has had negative feedback because of their impulsivity in the past, they may become so conflicted that they feel trapped and unable to trust their own decision making.

Non-ADHD’ers may simply never understand what drives you, excites you, or holds you back. And they may have no idea about your hidden potential if you were free to engage in your passions and use them to drive your life.

In the words of Alex “you need to do what you want to do. Trying to make other people happy, you’re just going to be messed up.”

“If the learning is fun enough, some kids with ADHD are going to be able to get so excited about learning that they may be able to get obsessed with and hyper-focus on the teacher and learning, and then do very well.”

It’s not difficult to see how many people with ADHD could become focused on exciting pursuits such as socializing, drinking, doing drugs, gambling, or criminal activity, in the absence of something constructive.

Particularly if they don’t believe they could have success at anything else.

Most interviewees struggled to make consistent effort at subjects that bored them or that they saw as having no tangible benefit.

Interestingly, from the accounts I received, hyper-focus seems to change an ADHD’er into a “stickler for the details” in their area of expertise- which is the complete opposite from their inattentiveness in areas that don’t interest them.

“I’m really a stickler for the details too, everything has to be perfect.” Ray told me. This was also the case for Liz, who became the go-to expert in her industry.

From Kyle’s perspective, ADHD can be a gift, because he’s mastered it and channeled it, and found pursuits that deeply excite him. He uses mindfulness and positive thinking to always be aware of his options and help him make the right decisions. From here, he feels he’s been able to achieve a lot of things that his peers couldn’t, using his energy to go “above and beyond.”

“ADHD is about grabbing hold of an idea that you’re excited about and channeling all your energy into that. And it’s amazing what you can achieve.”

Property developer Ray became visibly animated when he told me how he became addicted to property renovation after he “made

about 30k in a few weeks by buying a house, renovating it and flipping it for profit.” Seeing the money, he made was enough to hook him, draw him in and keep his hyper focus like an addiction.

“People with ADHD are good at covering a large spectrum of different subjects very quickly and picking up on what will interest them”.

When you combine hyper-focus, excitable energy, independent thought and bravery, the resulting tenacity looks like an unstoppable force in some of my interviewees.