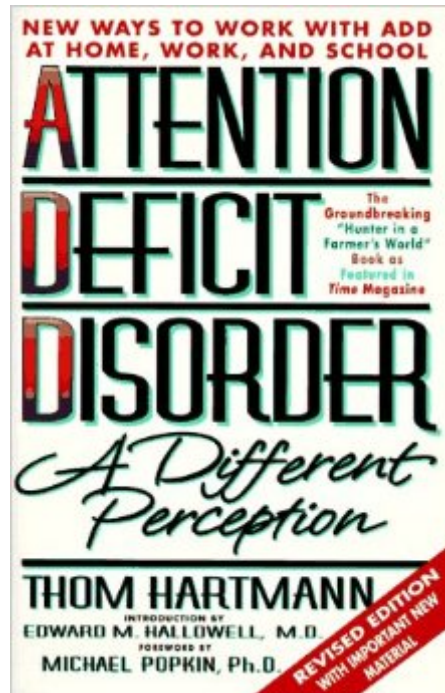


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# Attention Deficit Disorder: A Different Perception



## Synopsis

As many as 20 million Americans may have Attention Deficit Disorder. In the five years since Thom Hartmann first published his pioneering book, "Attention Deficit Disorder: A Different Perception," new findings support his theory linking ADD to the genetic makeup of men and women who hunted for their food in prehistoric times. Now, Hartmann has revised his groundbreaking book to include the latest research along with surprising information on studies that link second-hand smoke to disruptive behavior. This edition has a new introduction by famed Harvard psychiatrist Edward M. Hallowell, MD, co-author of the best-selling "Driven to Distraction.:

## Book Information

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## Customer Reviews

Hartmann is a successful multitasker: not only does he write popular books on ADD/ADHD, he has published numerous books of poetry, has opened four hospitals in Third World countries, and so on. His point is that ADD/ADHD is a curse if it is not channeled properly, but can be a great blessing, and an enormous goad (and even key) to success if the "sufferer" learns to handle it, learns to cope with it. As someone who was bored in school not just because it was repetitive, not just because teachers spent way too much time on task for the attention spans of children, but because it was all too EASY, I recognized myself in Hartmann's case studies immediately. But I was never diagnosed with ADD or ADHD because I learned to cope early. I taught myself to stay on task long enough to finish projects. And as Hartmann stresses, that's the key: finishing projects. When you're ADD, or a "hunter," it requires an extra effort of focus to do it, at first--not just a burst of focus, but a willingness

to keep your nose to the grindstone for long periods of time (HOURS! DAYS!) no matter how much it hurts--but soon enough the effort is internalized and success on the world's terms becomes much easier. Not that the "farmers" will necessarily understand that success. My colleagues say I publish "too much." I'll be working on a scholarly book and a play and a translation at once, and they'll all get done, pretty quickly, within months, because I know I have to push hard to finish or I'll lose interest. As a result I've published something like 15 books, and have a hard drive full of unpublished and unproduced manuscripts as well. I can't understand people who spend fifteen years writing a single magnum opus. Don't they get BORED?

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