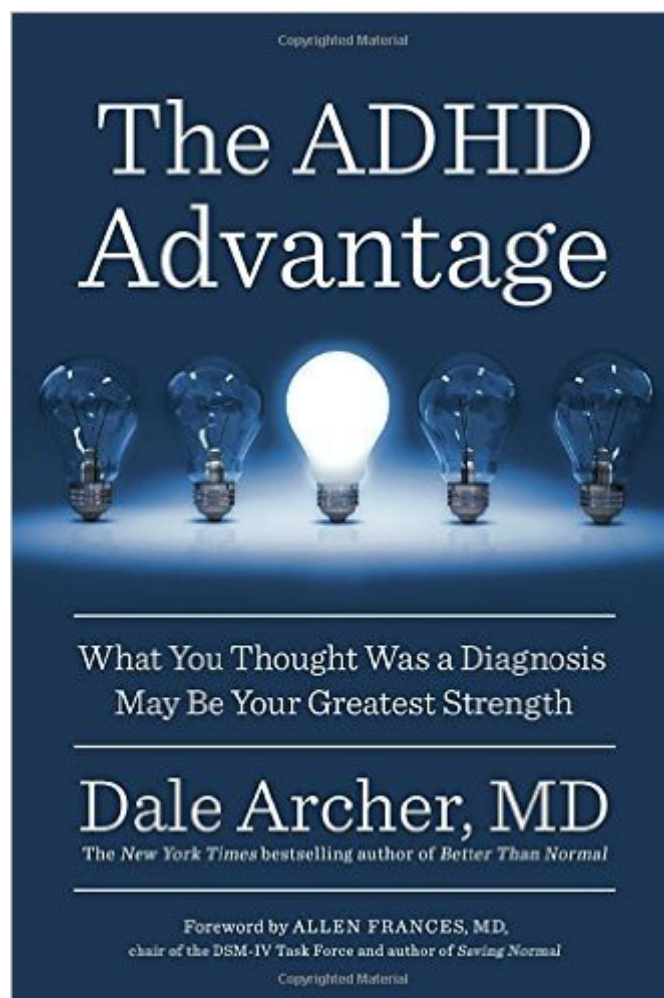


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# The ADHD Advantage: What You Thought Was A Diagnosis May Be Your Greatest Strength



## Synopsis

The New York Timesâ bestselling author of *Better Than Normal*, esteemed psychiatrist Dale Archer, M.D., reveals how ADHD might be the key to your success. For decades, in the United States and in countries around the world, physicians delivered the diagnosis of ADHD to patients as bad news and warned them about a lifelong struggle of managing symptoms. But *The ADHD Advantage* explodes this outlook, arguing that some of the most highly successful entrepreneurs, leaders, and entertainers have reached the pinnacle of success not in spite of their ADHD but because of it. People with ADHD are restless, endlessly curious, often adventurous, willing to take smart risks, and unusually resilient, and their ranks include some of the greatest entrepreneurs of our time. Sharing the stories of highly successful people with ADHD, Archer offers a vitally important and inspiring new way to recognize ADHD traits in oneself or in oneâs loved ones and then leverage them to great advantage. Readers will learn to harness mental energy for greater creativity, embrace multitasking, and build a path to great successâwithout medication. As someone who not only has ADHD himself but has never used medication to treat it, Dr. Archer understands the condition from a unique professional and personal standpoint. Armed with new science and research, and his own personal experience, he teaches readers to embrace their natural strengths and innate potential.

## Book Information

Paperback: 304 pages

Publisher: Avery; Reprint edition (August 9, 2016)

Language: English

ISBN-10: 0399573453

ISBN-13: 978-0399573453

Product Dimensions: 5.3 x 0.8 x 8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars See all reviews (58 customer reviews)

Best Sellers Rank: #36,829 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #62 in Books > Parenting & Relationships > Special Needs > Disabilities #153 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

The ADHD advantage is both frustrating and admirable, which would be the case for an ADHD

educational/ self-help book! I thoroughly appreciated the positivity of the book, which focuses on the advantageous attributes of ADHD and nonlinear thinking such as the ability to be the 'Calm in Chaos' while at times hyper-focusing, multi-tasking with boundless energy and possessing the traits of Resilience, Sense of Humor and Charisma. When conversing about ADHD, it seems the negative is always the focus, such as restlessness, easy boredom, forgetfulness, etc., so this was a refreshing change. The toolkit at end of each section is fabulous, especially for those of us with ADHD relationships, and those of us with ADHD ourselves! Real life, personal stories & examples throughout the book lend to a flow, and keeps it interesting. As a daughter of, and mother of, a 10+ ADHDer, I have seen the miraculous transformation of their psyche with medication. I would have liked to have seen something more on the positivity of an appropriately dosed medication regimen. As a country are we over-medicating? Absolutely, but that 's not in every case, and in those who are 10+ers, their lives are dramatically, and advantageously changed when they are able to focus long enough to employ strategies that help them live with their ADHD to their upmost ability. There is a time and place for medication, as many of your examples have stated, but a less judgmental view would have been nice for those of us who have experienced the torment of those who cannot function without it.

If youâ™ve been diagnosed as ADHD, or have a strong suspicion that this diagnosis fits you to a T, then this book will definitely lift your self-esteem and make you feel very specialâ |almost like youâ™re endowed with superpowers. And if youâ™re a parent of a child diagnosed with ADHD, then this book will encourage you not to medicate your child unless he or she is on the very high end of the spectrum. The reason for this is that you donâ™t want to rob these exceptional children of their inherent giftsâ |especially while they are still in a critical developmental stage. Itâ™s all explained in detail in the book and I certainly donâ™t have the time in this review to go over that material here, even in summary. I believe the author does a good job of presenting this material in an enthusiastic and clear manner. The point Iâ™d like to make about this book is that I found it to be unbalanced. The author at times sounds like a cheerleader for the ADHD community. Heâ™s diagnosed himself on the ADHD spectrum and his intense enthusiasm for the benefits of this syndrome often sound somewhat like narcissistic braggadocio. Donâ™t get me wrong. I completely agree with the author that there are many positive benefits that people with ADHD possess that they can leverage into successful careers if they only had the self-awareness to recognize these powers and capitalize upon them. Where I take issue with the author is that the book is almost 95% about the advantages of ADHD and only 5% about the disadvantages. Thus the author gives tons of

advice about how to recognize the hidden superpowers and exploit them in the world of commerce and business.

The diagnosis and treatment of "attention deficit hyperactivity disorder" has been controversial for decades, and as we know, psychiatric diagnoses and treatments are subject to revision and in some cases rejection. After reading *The ADHD Advantage*, I am more convinced than I was before reading it that some people who are diagnosed with ADHD would be better off without ADHD medication and would benefit from seriously considering to what degree some of the traits associated with ADHD might be strengths or gifts. In part because a psychologist once hinted that I might benefit by being tested for ADHD (back when it was called ADD), I wondered if I might have ADHD. After reading Dr. Archer's book I'm convinced that I do not have ADHD, but I did find much of what he says applicable to some of my ways of being, e.g., my restlessness and inattentiveness, etc. Reading about how some entrepreneurs, leaders, entertainers, and athletes, etc., use traits associated with ADHD to their advantage is helping me think differently about some of my traits and behaviors that I would otherwise regard as undesirable and problematic. And I feel it has helped me have greater insight into and understanding of someone in my extended family circle who is in ongoing treatment for ADHD. I think *The ADHD Advantage* could benefit many people who've been diagnosed with ADHD or who have a loved one or child who has been so diagnosed, and I think many mental health professionals and teachers of children would do well to familiarize themselves with Dr. Archer's ideas on ADHD. Dr. Archer published an article titled, "ADHD: The Entrepreneur's Superpower" in March, 2014 when he was still working on this book. If you find and read the article and like it, then it's a safe bet you'll appreciate the book.

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