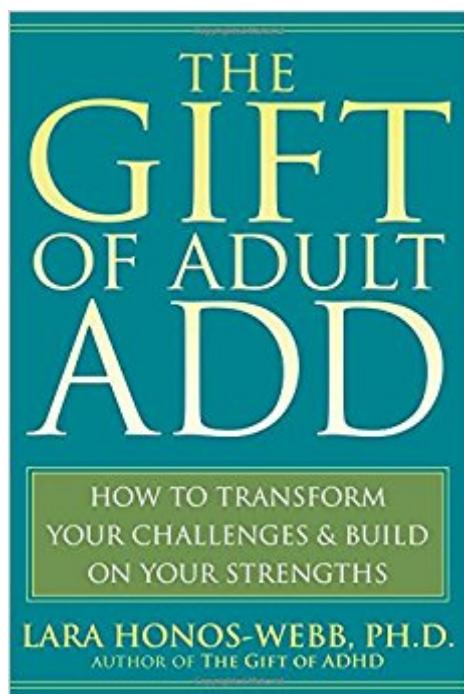


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# The Gift Of Adult ADD: How To Transform Your Challenges And Build On Your Strengths



## Synopsis

If you have attention deficit disorder (ADD), you may act impulsively, daydream, and have trouble focusing, but clinical studies suggest that these same symptoms may make you exceptionally creative, intuitive, and energetic. In fact, many people with ADD claim to have become successful because of their ADD, not in spite of it. In *The Gift of Adult ADD*, Lara Honos-Webb adapts the revolutionary approach first introduced in the parenting book *The Gift of ADHD* to the lives of adults with ADD. Instead of focusing on your weaknesses, this book shows you how to transform symptoms into strengths to improve your relationships, job performance, parenting skills, and overall quality of life. You'll also read inspiring stories of real people with ADD who have become successful in part because of their ability to meet the challenges of ADD and make the most of its gifts.

## Book Information

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## Customer Reviews

"Lara Honos-Webb shows us how the demands of a global and digital culture may make the signature traits of ADD—“inventiveness, need for stimulation, and interpersonal intuition”—in high demand." —Daniel H. Pink, author of *A Whole New Mind*"If you have ADD and have been looking for the meaning of your struggles, this book will change your life. You will see, beyond doubt, that it's time to stop patching up your weaknesses and start learning about your many gifts." —Carol Adrienne, PhD, author of *The Purpose of Your Life*"Honos-Webb's book is a wonderful guidebook for optimistic living. What one chooses to focus on grows, and Honos-Webb has provided the framework for others to learn this important philosophy. It is especially important for

those with ADHD to embrace the positive side of their personalities." â "Stephanie Moulton Sarkis, PhD, author of *Making the Grade with ADD* and *10 Simple Solutions to Adult ADD*"In her newest book, Honos-Webb builds on the core principles of her previous work to show how adults with ADD can find fulfilling and rewarding lives by being who they are. â ^Find what you love and are good at, and let that guide you,â ™ she advises, offering real-life stories of people who have done just that. In this inspiring book, Honos-Webb provides a host of specific activities to help adults with ADD use self-reflection, insight, and creativity to address weaknesses without letting those weaknesses overshadow their strengths and talents. The *Gift of Adult ADD* is a welcome addition to the growing body of literature that shows how to go beyond limitingâ "and misleadingâ "diagnostic labels."

â "Barbara Probst, MSW, LCSW, author of *When the Labels Donâ ™t Fit*"A revolutionary, paradigm-shifting book that will undoubtedly change the way we think about ADD.

Honos-Webbâ ™s contribution is a gift, providing no-nonsense strategies and inspiring examples of how to transform apparent deficits into strengths and assets." â "Kelly Howell, president, Brain Sync"Talk about a gift! This book will be a true gift for anyone with ADD. While it can be discouraging to live with ADD, Honos-Webbâ ™s wise and helpful book will show readers how to use their ADD to improve their relationships and work lives. She then goes on to identify and explain the five specific gifts that adult ADD brings. This wonderful book has the power to transform the life and consciousness of anyone dealing with ADD." â "Mira Kirshenbaum, author of *When Good People Have Affairs, Too Good to Leave, Too Bad to Stay, and Everything Happens for a Reason*"Are you ready to let this precious volume transform you, your world, and your â ^adult attention deficit disorderâ ™? Here is a gift that can be magical and life changing, both for you and your â ^adult attention deficit disorder.â ™" â "Alvin R. Mahrer, PhD, professor emeritus at the University of Ottawa, author of *The Manual of Optimal Behaviors*

From a best-selling author and ADD expert, *The Gift of Adult ADD* helps adults with ADD focus on the positive traits of this condition and offers effective strategies for managing some of the challenges that often come with the different set of perspectives that are shared by people with ADHD.

I think this book is amazing because it goes far beyond explaining what ADD is. It shows the reader how to focus (and capitalize) on the strengths that the condition brings with it while also minimizing the impact of the drawbacks. It's not necessarily easy to follow all the advice; but implementing the suggestions one at a time so that they become a natural habit, helps to accomplish those exact

goals. Reading this book was a breath of fresh air in a world where so many with ADD are given pills to keep their "disorder" "under control". In reality, the author takes a step back and suggests that just because people with the condition don't fit within societal norms doesn't mean that making them "normal" is necessarily in anyone's best interests. Instead of feeling powerless against the "disorder", this book helps the reader to feel empowered by the way their brain is wired by giving actionable items that turn the chores of daily life into a game or a challenge (which really appeals to the ADD mind) while given examples of people who have been great successes who attribute their success as "because of" not "in spite of" ADD.

I have looked through, read some of and entirely read so many books on ADD in the past one and one-half years. This was such a great book for me in that it put so much of what I struggle with in terms of guilt and self-deprecating shame into logical perspective. She uses examples of real extraordinarily successful people who have screamingly obvious ADD. They have let their positive characteristics keep the negative ones in the shadows by finding the path that let them utilize their positive, not always "mainstream" characteristics. I thought the message is to embrace all of your traits, don't burn up energy trying to admonish the negative just turn and focus on the positive and soon you start to realize there is more and more positive bouncing around, most likely outside off the box, if you let yourself look.

I read this book b/c my psychiatrist recommended me to read. Of course reading a book w/ ADHD is hard b/c at times its hard to concentrate. However this book totally engaged me from the start. As an adult w/ ADD you start to compensate for your behaviors and one of mine was being very emotional. I felt like I had blocked emotions (my ability to really feel things as they came) as part of my compensation. This book literally tore down what I had blocked for so long and let me know it was okay to have struggles in my life w/ ADD. It opened up my ability to see how it really effected my everyday life. There are a ton of books about ADD/ADHD so it would be daunting for someone to try and chose the right one to read. Dr. Hallowell has many books and I have read part of one but Mrs. Webb's book was perfect for me. I will say though the activities in the book are hard to implement as it asks you to reflect back on memories of someone I don't have any memories to coincide w/ the activity-thats what makes the activities hard. The ending was perfect and was exactly what I needed to hear(read). I've been able to be successful in my life despite my ADD but I will say that my feelings w/ a lot of others w/ ADD completely resonate w/ them. I would really hope that if you are thinking about reading a book about ADD/ADHD read this one first before you delve

yourself in any other books.

How I wish ADHD was discoverable in my early childhood; not as much for others as for myself. I have read enough standard (because they did not address ADHD) self-help books during my lifetime to have a BA&S. Always trying to make my personality conform, never knowing I already have a perfect ADHD personality; I've enjoyed my personality tremendously. Never having these natural gifts explained; I've never understood why I can't seem to complete many of my actually nice paintings because of my giving over to unending distractions. I have laid my frustrations on my responsibilities, more important tasks, more immediate. I can now call the name to distractions, stop myself from going there, and stay better on course. I know it will take the rest of my life to alter years of inbred thinking, but at least I have renewed hope with new practices. Thank you  
Lara-Honos-Webb.

This book really helps you and those around you understand the complexity of ADD while removing a lot of the "stigma" attached. I have ADD but prefer to call it ETA - "Enhanced Task Ability", because it allows me to excel at my career. The author doesn't sugar coat the issues, but takes time and uses some great examples of showing how the ability to super multi-task can work FOR you if you match your abilities to your roles. Time is also spent discussing how you can slow things down to work better with those less able to keep up with you. One of the best that I have read.

The author is an engaging writer and is well versed in the subject of ADD. Having been diagnosed at 50, I realize how much ADD has effected me and my family over the years. My son has ADD as well, which is how I found out I have it. For a long time I thought ADD/ADHD was a made up ailment. It's not and books like this will help both ADD'rs and non to understand how to use the gift that ADD is..

It's a fast and easy read with a lot of repetition, but also a lot of good information. It's wonderful to read a book that highlights the positives of having ADHD.

I have had ADD/ADHD my entire life. I went to a special school called marburn academy for it also. I used to be ashamed of having it. I would always try to hide it from people. My mother always try to keep me on meds. ADD meds make you feel out of it. So as adult I stop taking meds and learn to do stuff that with ADD I was good at. I worked at Great clips for 4 yrs and customer loved me and my

energy. I enjoyed this book because it taught me it is ok to be myself. It is others jealous they can't be as outgoing as I am. I am glad there is finally a positive book about this. I refuse to read books that tell people to self medicate so you can be what every one wants you to be. if you have to medicate to be whatever one says is normal you aren't living your life. You need to read this book and stay positive about this. This book has great positive points of ADD. I really wish there were other books for ADD that we're so uplifting and not downers.

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