

RECOMMENDED READING



ADHD & Me: What I Learned from Lighting Fires at the Dinner Table

BY BLAKE E. S. TAYLOR
New Harbinger; \$14.95

Our public discourse on ADHD and learning disabilities includes a lot of big voices—pharmaceutical companies, professors—that talk *about* people with cognitive differences. But in this din, the voices of people who live this experience are often silenced.

This silence is elegantly broken in Blake Taylor's *ADHD & Me*—a must-read for everyone who cares about young people with ADHD. At the astoundingly young age of 17, the author immerses the reader in the day-to-day experience of life

with an attentional difference, and offers concrete solutions to the challenges of navigating a school system and a world hostile to cognitive diversity.

Perhaps most important, Taylor's story represents the second wave of ADHD public discourse. His gifts, and the gifts of ADHD, fly off the page, challenging the medical model that sees ADHD only as a deficit, as a problem to be cured. He is a deep, creative thinker—unlocking doors at the age of three with a toy hammer; inventing a 13-foot wide slingshot; and, yes, lighting fires at the dinner table.

Reviewed by JONATHAN MOONEY, author of *The Short Bus: A Journey Beyond Normal* (Henry Holt).

Author Q&A: Blake Taylor

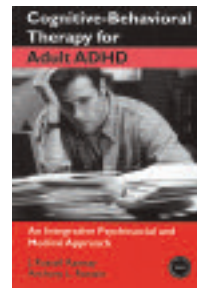
Q: What prompted you to write your memoir? When I was applying to private high schools I had to write an essay about a challenge I had faced. I wrote about how I had learned not only to live with ADHD, but how to do well with it. Two years later, I wrote about a bullying episode in sixth grade. Everyone in my family encouraged me to keep writing.

Q: You conclude each chapter with a great set of tips for readers. Did you develop most of those on your own?

Yes, through a lot of trial and error. I've found that the textbook solutions for ADHD—for instance, how to integrate socially at school—are not entirely effective unless tailored to your individual needs.

Q: What would you tell every young ADder the day he or she receives the diagnosis? First, see it as a gift! So many positives—intelligence, creativity, trustworthiness, energy—come with ADHD. Second, it is part of the normal spectrum of being, like being left-handed. Finally, don't try to cope by yourself. See a doctor or psychiatrist. If you were near-sighted, wouldn't you wear glasses?

Q: What do you hope everyone takes away from your book? The understanding that ADHD is a gift that can be harnessed. And once it is harnessed, wonderful things can happen.



Cognitive-Behavioral Therapy for Adult ADHD

BY J. RUSSELL RAMSAY AND ANTHONY L. ROSTAIN
Routledge; \$29.95

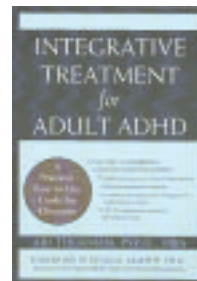
Although written for professionals, *Cognitive-Behavioral Therapy for Adult ADHD* arms consumers with information they need to make crucial decisions about ADHD treatment.

Ramsay and Rostain do an outstanding job of covering CBT, a form of psychotherapy that focuses on changing maladaptive thought patterns, and, thus, behavior. Their overview of medication options is the clearest and easiest to understand I've seen, whether in a guide for professionals or consumers.

The book's many case studies and quotes paint an accurate and moving picture of adult ADHD. A college student said, "For you, Monday will be another day at work. For me, Monday is another opportunity to pass unnoticed underneath the radar, for the hoof beats of a zebra to be mistaken for those of a horse."

This is a must-have book for professionals, and an empowering read for any adult with ADHD.

Reviewed by MICHELE NOVOTNI, Ph.D., an ADD coach and psychologist in Wayne, Pennsylvania.



Integrative Treatment for Adult ADHD

BY ARI TUCKMAN, Psy.D.
New Harbinger; \$49.95

Ari Tuckman's four-part treatment model uses family education, effective medication, coaching, and cognitive behavioral therapy to address ADHD challenges. This highly readable book is filled with practical examples and information adults or clinicians could use.

I especially appreciated his "Questions to Ask Clients About Alarms." Most people assume an alarm works for anyone, but that is not necessarily the case for the ADder. His questions ("Would a stationary or portable alarm be better?" "An auditory or vibrating alarm?" "Where could they place the alarm to help them remember to set it?") could easily be adapted to become "self-coaching" techniques. With more than 100 ADD-friendly tips in the coaching chapter alone, every reader will be sure to find a tip or two that will work well. I know I did.

Reviewed by SANDY MAYNARD, an ADD coach in Washington, D.C.

OVERHEARD in the Just Diagnosed Forum...

“After years of managing ‘OK,’ I finally hit a wall. Full-time job, single, three children. I could almost ‘feel’ my brain stretched to its limits.” —EBMCCAULEY

additudemag.com/adhdforums