

I Have ADHD: An Adult Story

(attention deficit hyperactivity disorder)



- ***What is ADHD?***
- ***How did I get it? What do I do about it?***
- ***Diagnosis & the medical stuff***
- ***It doesn't disappear when you grow up***
- ***Being misunderstood -
I'm not crazy, stupid or lazy***
- ***ADHD at home/at work/at play***
- ***Focus and motivation***
- ***Being "too good" at paying attention***
- ***How to be happy with ADHD - curse or gift?***
- ***Raising ADHD children when you are the
mother & you have it too!***
- ***Thank God for Aunty Dale!***
- ***The "Hunters & Farmers" theory -
I am a Hunter***