

THANK FAST!

The ADD Experience

EDITED BY

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with SUSAN BURGESS

*CompuServe's Attention Deficit Disorder Forum with
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and many more*

Think Fast The Add Experience

Thomas Armstrong



Think Fast The Add Experience:

A.D.D. 29 Years and Counting Ava Fails, 2013-12-02 Where are all the personal A D D stories That is what I wondered as I searched for books about A D D and A D H D There was no lack of expert advice but so few titles with a direct connection This book begged to be written Inside you ll learn that For 28 years and counting I have been a student of A D D I have lived with it intimately and learned to cope with it effectively I was diagnosed at age 10 and have run the gamut from medication to no medication I have developed many personal coping skills and I don t think an expert could pick me out of a crowd Inside I tell you my story with a sincere hope that it will help you I hope you find something you can relate to and something that you can use to encourage others I have included the information that I have found encouraging in my own journey I have received comments from all over the world in regard to my story and my list of Famous People with A D D I ve heard from people who have shared the list with their children with positive results I ve received comments from people who have thanked me for changing the way they view themselves and A D D In addition to my list inside you ll find Quotes Tables of data Simplified information and stats Links to great resources A book list of recommended reading This is a personal story of my life with A D D I wrote it for you

The Power of Neurodiversity Thomas Armstrong, 2011-10-04 ADHD dyslexia autism the number of illness categories listed by the American Psychiatric Association has tripled in the last fifty years With so many people affected it is time to revisit our perceptions on this culture of disabilities Bestselling author psychologist and educator Thomas Armstrong illuminates a new understanding of neuropsychological disorders He argues that if they are a part of the natural diversity of the human brain they cannot simply be defined as illnesses Armstrong explores the evolutionary advantages special skills and other positive dimensions of these conditions A manifesto as well as a keenly intelligent look at disability *The Power of Neurodiversity* is a must for parents teachers and anyone who is differently brained

Rebooting the American Dream Thom Hartmann, 2011-08-01 If we are going to live in a democracy we need to have a healthy middle class tells us what needs to be done to reclaim what it is to be American Eric Utne founder Utne Reader America does not need an upgrade For years the Right has been tampering with one of the best political operating systems ever designed The result has been economic and environmental disaster In this hard hitting book nationally syndicated radio and television host and bestselling author Thom Hartmann outlines eleven common sense proposals deeply rooted in America s history that will once again make America strong and Americans not corporations and billionaires prosperous Some of these ideas will be controversial to both the Left and the Right but the litmus test for each is not political correctness but whether or not it serves to revitalize this country we all love and make life better for its citizens

Unequal Protection Thom Hartmann, 2010-06-07 This is a seminal work a godsend really a clear message to every citizen about the need to reform our country laws and companies Paul Hawken New York Times bestselling author NEW EDITION REVISED AND UPDATED Unequal taxes unequal accountability for crime unequal influence unequal control of the media unequal access to natural

resources corporations have gained these privileges and more by exploiting their legal status as persons How did something so illogical and unjust become the law of the land Americans have been struggling with the role of corporations since before the birth of the republic As Thom Hartmann shows the Boston Tea Party was actually a protest against the British East India Company the first modern corporation Unequal Protection tells the astonishing story of how after decades of sensible limits on corporate power an offhand off the record comment by a Supreme Court justice led to the Fourteenth Amendment originally passed to grant basic rights to freed slaves becoming the justification for granting corporations the same rights as human beings And Hartmann proposes specific legal remedies that will finally put an end to the bizarre farce of corporate personhood This new edition has been thoroughly updated and features Hartmann s analysis of two recent Supreme Court cases including Citizens United v Federal Election Commission which tossed out corporate campaign finance limits If you wonder why and when giant corporations got the power to reign supreme over us here s the story Jim Hightower national radio commentator and New York Times bestselling author Tell s the grand story of corporate corruption and its consequences for society with the force and readability of a great novel David C Korten bestselling author of When Corporations Rule the World *Making Peace with the Things in Your Life* Cindy Glovinsky,2002-05-03 A therapist and professional organizer explains the mental glitches that can make organizing harder for some people than others and how to fix them Library Journal Do you spend a lot of time struggling against the growing ranks of papers books clothes housewares mementos and other possessions that seem to multiply when you re not looking Help is on the way Cindy Glovinsky practicing psychotherapist and personal organizer is uniquely qualified to explain this nagging even debilitating problem and to provide solutions that really work With a supportive nonjudgmental tone Glovinsky uses humorous examples questionnaires and exercises to shed light on the real reasons why we feel so overwhelmed by papers and possessions and offers individualized suggestions tailored to specific organizing problems Whether you re drowning in clutter or just looking for a new way to deal with the perennial challenge of organizing and managing material things this fresh and reassuring approach is sure to ease the stress *Neurodiversity* Thomas Armstrong,2010-09-07 A new term has emerged from the disability movement in the past decade to help change the way we think about neurological disorders Neurodiversity ADHD Dyslexia Autism The number of categories of illnesses listed by the American Psychiatric Association has tripled in the past fifty years With so many people affected by our growing culture of disabilities it no longer makes sense to hold on to the deficit ridden idea of neuropsychological illness With the sensibility of Oliver Sacks and Kay Redfield Jamison psychologist Thomas Armstrong offers a revolutionary perspective that reframes many neuropsychological disorders as part of the natural diversity of the human brain rather than as definitive illnesses Neurodiversity emphasizes their positive dimensions showing how people with ADHD bipolar disorder and other conditions have inherent evolutionary advantages that matched with the appropriate environment or ecological niche can help them achieve dignity and wholeness in their lives *The Hidden*

History of Neoliberalism Thom Hartmann, 2022-09-13 A progressive radio host and author reveals how neoliberalism became so prevalent in the United States and why it's time for us to turn our backs to it. With four decades of neoliberal rule coming to an end, America is at a crossroads. In this powerful and accessible book, Thom Hartmann demystifies neoliberalism and explains how we can use this pivotal point in time to create a more positive future. This book traces the history of neoliberalism, a set of capitalistic philosophies favoring free trade, low taxes on the rich, financial austerity, and deregulation of big business up to the present day. Hartmann explains how neoliberalism was sold as a cure for wars and the Great Depression. He outlines the destructive impact that it has had on America, looking at how it has increased poverty, damaged the middle class, and corrupted our nation's politics. America is standing on the edge of a new progressive era. We can continue down the road to a neoliberal oligarchy. Or we can choose to return to Keynesian economics and Alexander Hamilton's American Plan by raising taxes on the rich, reversing free trade, and building a society that works for all. The destabilization neoliberalism's policies have wrought have left our generation with the task to rebuild, and Hartmann's book shows the way. Leila Conners, founder and Director, Tree Media and Need to Know N2K. Thom Hartmann makes it crystal clear how neoliberal free market economics benefits monopolistic big business and the ultrarich while impoverishing our country and everyone else. Earl Katz, progressive activist and Emmy-nominated documentary film producer. This compact handbook nimbly recapitulates the political effects of neoliberalism as it percolated through world history. George DiCaprio [Nature's Ritalin for the Marathon Mind](#) Stephen C. Putnam, 2001 ADHD is a childhood epidemic. By some estimates, 5 percent or more of the school-age children in the U.S. have been diagnosed, and most of them are being treated with powerful prescription drugs. Scientists have now discovered that a simple, basic human activity, exercise, has the same positive influence on the brain without the negative side effects. *Nature's Ritalin for the Marathon Mind* shows how, in a great many cases, doses of medication can be decreased or eliminated in favor of a regular schedule of exercise, with vast improvements in the quality of life for the children and their families. The author describes in detail the scientific basis for exercise as therapy, how to determine the optimal schedule, and how to help children become motivated to obtain the appropriate level of exercise without parental nagging. If you are the parent of a hyperactive child, this may be the most important book you will ever read. This is not an anti-Ritalin book. The author notes that in some cases, medication is essential, and that any change in treatment should be done in consultation with a physician. However, he shows that exercise is a far better solution for many children, one that can be safely tested because it is a natural part of life.

Destructive Leaders and Dysfunctional Organizations

Alan Goldman, 2009-12-10 Organizational behavior and leadership research has traditionally been deeply influenced by positive psychology and appreciative inquiry. Yet in recent times, a wave of corporate scandals and spectacular organizational failures has forced management and organizational theorists to rethink this approach. Unethical CEO behavior, white collar crime, property deviance, employee grievances, and lawsuits, organizational terrorism, and workplace violence have all

provided the impetus for an examination of the darker side of leadership In *Destructive Leaders and Dysfunctional Organizations* Alan Goldman draws on his extensive experience as a management consultant and executive coach to provide a fascinating behind closed doors account of troubled leaders and the effect they have on their organizations Featuring clinical case studies ranging from the fashion industry to an aeronautical engineering corporation the book explores the damaging effects of destructive leadership on organizations and provides the tools necessary for early recognition assessment and treatment

The Hidden History of American Oligarchy Thom Hartmann, 2021-02-01 The New York Times bestselling author looks at the real history of the corrupting influence of oligarchy in America and how we can fight back Billionaire oligarchs want to own our republic and they're nearly there thanks to legislation and Supreme Court decisions that they have essentially bought They put Trump and his political allies into office and support a vast network of think tanks publications and social media that every day push our nation closer and closer to police state tyranny The United States was born in a struggle against the oligarchs of the British aristocracy and ever since then the history of America has been one of dynamic tension between democracy and oligarchy And much like the shock of the 1929 crash woke America up to glaring inequality and the ongoing theft of democracy by that generation's oligarchs the coronavirus pandemic of 2020 has laid bare how extensively oligarchs have looted our nation's economic system gutted governmental institutions and stolen the wealth of the former middle class Thom Hartmann the most popular progressive radio host in America and a bestselling author traces the history of this struggle against oligarchy from America's founding to the United States war with the feudal Confederacy to President Franklin Roosevelt's struggle against economic royalists who wanted to block the New Deal In each of those cases the oligarchs lost the battle But with increasing right wing control of the media unlimited campaign contributions and a conservative takeover of the judicial system we're at a crisis point Now is the time for action before we flip into tyranny We've beaten the oligarchs before and we can do it again Hartmann lays out practical measures we can take to break up media monopolies limit the influence of money in politics reclaim the wealth stolen over decades by the oligarchy and build a movement that will return control of America to We the People Praise for *The Hidden History of American Oligarchy* For every American interested in protecting our democracy everyone puzzled about how America came to the brink of authoritarian rule and for all who enjoy a being educated and entertained by an enthralling eye opening riveting journey in U.S. history *The Hidden History of Oligarchy* is a must read Don Siegelman former Governor of Alabama author of *Stealing Our Democracy* Thom Hartmann is America's history teacher a national treasure laying it out scary and clear tyranny can happen here Oligarchy's choking democracy Mimi Kennedy actress board member Progressive Democrats of America

The Hidden History of Monopolies Thom Hartmann, 2020-08-25 This is the most important dynamic book on the cancers of monopoly by giant corporations written in our generation Ralph Nader from the foreword American monopolies dominate control and consume most of the energy of our entire economic system they function the same as cancer does in a body and

like cancer they weaken our systems while threatening to crash the entire body economic American monopolies have also seized massive political power and use it to maintain their obscene profits and CEO salaries while crushing small competitors But Thom Hartmann America's 1 progressive radio host shows we've broken the control of behemoths like these before and we can do it again Hartmann takes us from the birth of America as a revolt against monopoly remember the Boston Tea Party to the largely successful efforts of both Presidents Theodore and Franklin Roosevelt and other like minded leaders to restrain corporations monopolistic urges to the massive changes in the rules of business starting during the Reagan Revolution that have brought us to the cancer stage of capitalism He shows the damage monopolies have done to so many industries agriculture healthcare the media and more Individuals have taken a hit as well the average American family pays a 5 000 a year monopoly tax in the form of higher prices for everything from pharmaceuticals to airfare to household goods and food But Hartmann also describes commonsense historically rooted measures we can take such as revitalizing antitrust regulation taxing great wealth and getting money out of politics to pry control of our country from the tentacles of the monopolists

The Hidden History of Guns and the Second Amendment Thom Hartmann, 2019-06-04 The New York Times bestselling author explores the real history of guns in America and how to limit both their lethal impact and the gun lobby's power Taking his typically in depth historically informed view Thom Hartmann the most popular progressive radio host in America examines the brutal role guns have played in American history from the genocide of the Native Americans to the enforcement of slavery Slave Patrols are in fact the Second Amendment's well regulated militias and the racist post Civil War social order He shows how the NRA and conservative Supreme Court justices used specious logic to invent a virtually unlimited individual right to own guns which has enabled the ever growing number of mass shootings in the United States But Hartmann also identifies a handful of powerful commonsense solutions that would break the power of the gun lobby and restore the understanding of the Second Amendment that the Framers of the Constitution intended This is the kind of brief brilliant analysis for which Hartmann is justly renowned Praise for The Hidden History of Guns and the Second Amendment In this precise primer on firearms practices and policies progressive talk show host Hartmann examines the history of routine gun usage and extreme gun violence and assesses the influence of gun ownership on contemporary political economic and social norms A brief but powerful analysis of a searing national crisis Booklist 34 000 REASONS TO READ THIS BOOK That's the number of gun related deaths annually in America Norman Lear When Thom Hartmann talks I listen What Thom Hartmann writes I read This book about the history of guns in America and most importantly what should be the future of guns in America is important mind opening and profoundly helpful Marianne Williamson

The Hidden History of American Healthcare Thom Hartmann, 2021-09-07 The New York Times bestselling author explores the history of American healthcare system what went wrong and how it can be remedied Popular progressive radio host and bestselling author Thom Hartmann reveals how and why attempts to implement affordable universal healthcare in the United States have been

thwarted and what we can do to finally make it a reality For profit health insurance is the largest con job ever perpetrated on the American people one that has cost trillions of dollars and millions of lives since the 1940s says Thom Hartmann Other countries have shown us that affordable universal healthcare is not only possible but also effective and efficient Taiwan s single payer system saved the country a fortune as well as saving lives during the coronavirus pandemic enabling the country to implement a nationwide coronavirus test and contact trace program without shutting down the economy This resulted in just ten deaths while more than 500 000 people have died in the United States Hartmann offers a deep dive into the shameful history of American healthcare showing how greed racism and oligarchic corruption led to the current sickness for profit system Modern attempts to create versions of government healthcare have been hobbled at every turn including Obamacare There is a simple solution Medicare for all Hartmann outlines the extraordinary benefits this system would provide the American people and economy and the steps we need to take to make it a reality It s time for America to join every industrialized country in the world and make health a right not a privilege

ADHD Thom Hartmann, 2019-09-03 A newly revised and updated edition of the classic guide to reframing our view of ADHD and embracing its benefits Explains that people with ADHD are not disordered or dysfunctional but simply hunters in a farmer s world possessing a unique mental skill set that would have allowed them to thrive in a hunter gatherer society Offers concrete non drug methods and practices to help hunters and their parents teachers and managers embrace their differences nurture creativity and find success in school at work and at home Reveals how some of the world s most successful people can be labeled as ADHD hunters including Benjamin Franklin Thomas Edison and Andrew Carnegie With 10 percent of the Western world s children suspected of having Attention Deficit Disorder or ADHD and a growing number of adults self diagnosing after decades of struggle the question must be raised How could Nature make such a mistake In this updated edition of his groundbreaking classic Thom Hartmann explains that people with ADHD are not abnormal disordered or dysfunctional but simply hunters in a farmer s world Often highly creative and single minded in pursuit of a self chosen goal those with ADHD symptoms possess a unique mental skill set that would have allowed them to thrive in a hunter gatherer society As hunters they would have been constantly scanning their environment looking for food or threats distractibility they d have to act without hesitation impulsivity and they d have to love the high stimulation and risk filled environment of the hunting field With our structured public schools office workplaces and factories those who inherit a surplus of hunter skills are often left frustrated in a world that doesn t understand or support them As Hartmann shows by reframing our view of ADHD we can begin to see it not as a disorder but as simply a difference and in some ways an advantage He reveals how some of the world s most successful people can be labeled as ADHD hunters and offers concrete non drug methods and practices to help hunters and their parents teachers and managers embrace their differences nurture creativity and find success in school at work and at home Providing a supportive survival guide to help fine tune your natural skill set rather than suppress it Hartmann shows that

each mind whether hunter farmer or somewhere in between has value and great potential waiting to be tapped **ADHD and the Edison Gene** Thom Hartmann, 2015-09-17 Explores how the ADHD gene is and has been critical to humanity's development Shows how artists inventors and innovators carry the gene necessary for the future survival of humanity Explains why children with this gene are so often mislabeled in public schools as having a disorder Offers concrete strategies for helping children reach their full potential In **ADHD and the Edison Gene** Thom Hartmann shows that the creativity impulsiveness risk taking distractibility and novelty seeking that are characteristic of Attention Deficit Hyperactivity Disorder ADHD are not signs of a disorder at all but instead are components of a highly adaptive skill set utilized by our hunting and gathering ancestors These characteristics have been critical to the survival and development of our modern civilization and will be vital as humanity faces new challenges in the future Hartmann creator of the hunter versus farmer theory of ADHD examines the differences in neurology between people with ADHD and those without sharing recent discoveries that confirm the existence of an ADHD gene and the global catastrophe 40 000 years ago that triggered its development He cites examples of significant innovators with ADHD traits such as Ben Franklin and Thomas Edison and argues that the children who possess the ADHD gene have neurology that is wired to give them brilliant success as artists innovators inventors explorers and entrepreneurs Emphasizing the role that parents and teachers can play in harnessing the advantages of ADHD he shares the story of how Edison was expelled from school for ADHD related behavior and luckily his mother understood how to salvage his self esteem and prepare him for a lifetime of success Offering concrete strategies for nurturing educating and helping these children reach their full potential Hartmann shows that rather than being problems such children are a vital gift to our society and the world **Hidden History of American Democracy** Thom Hartmann, 2011-01-10 America's most popular progressive radio host and New York Times bestselling author Thom Hartmann paves the way to saving our democracy In this powerful sweeping history and analysis of American democracy Thom Hartmann shows how democracy is the one form of governance most likely to produce peace and happiness among people With the violent exception of the Civil War American democracy resisted the pressure to disintegrate into factionalism for nearly two centuries and now our very system of democratic elections is at stake So how do we save our democracy Hartmann's newest book in the celebrated Hidden History Series offers a clear call to action and a set of solutions with road maps for individuals and communities to follow to create a safer more just society and a more equitable and prosperous economy **Jump First, Think Fast** Frank O'Connell, 2022-10-25 Super charge your business and career with Frank O'Connell's unconventional approach to success Jump First Think Fast is the perfect guide for anyone in business or leadership who wants to dive in headfirst think on their feet and gain a competitive edge Frank O'Connell explores success as a process of risk taking and chasing the unknown accepting failure and knowing yourself inside and out A business visionary O'Connell has transformed some of the biggest brands in the world including leading product revolutions at Reebok HBO Video SkyBox Gibson Greetings and Indian

Motorcycles Sharing his stories passion and proven management methods O Connell fosters an unconventional approach to innovation encouraging people to voice the crazy ideas that will invigorate their businesses and careers Jump First Think Fast is a unique blend of personal experiences business strategies and mentoring advice based on O Connell s phenomenal achievements and his 50 years on the front lines of leadership strategy sales and marketing Far from yet another self help book for professionals Jump First Think Fast throws light on O Connell s breakthrough concepts urging readers to think entirely differently trust their instincts and enjoy the ride If you re ready to super charge your business career and life Jump First Think Fast is the book for you Order your copy today

The Hidden History of American Democracy Thom Hartmann,2023-07-18 America s most popular progressive radio host and New York Times bestselling author Thom Hartmann paves the way to saving our democracy In this powerful sweeping history and analysis of American democracy Thom Hartmann shows how democracy is the one form of governance most likely to produce peace and happiness among people With the violent exception of the Civil War American democracy resisted the pressure to disintegrate into factionalism for nearly two centuries and now our very system of democratic elections is at stake So how do we save our democracy Hartmann s newest book in the celebrated Hidden History Series offers a clear call to action and a set of solutions with road maps for individuals and communities to follow to create a safer more just society and a more equitable and prosperous economy

ADHD Richard A. Lougy,David K. Rosenthal,2002 Addresses the issues and concerns confronting parents and teachers with ADHD children The friendly and supportive style of the book is easy for readers to understand and use Parents and teachers will appreciate the sympathetic approach and expert discussion by authors who have worked extensively with ADHD children and their families in a broad range of setting including medical clinical and educational

The Hidden History of the Supreme Court and the Betrayal of America Thom Hartmann,2019-10-01 The New York Times bestselling author delivers a full throated indictment of the U S Supreme Court in this punchy polemic Publishers Weekly In this book Thom Hartmann the most popular progressive radio host in America explains how the Supreme Court has spilled beyond its Constitutional powers and how we the people should take that power back Taking his typically in depth historically informed view Thom Hartmann asks What if the Supreme Court didn t have the power to strike down laws According to the Constitution it doesn t From the founding of the republic until 1803 the Supreme Court was the final court of appeals as it was always meant to be So where did the concept of judicial review start As so much of modern American history it began with the battle between the Federalists and Anti Federalists and with Marbury v Madison Hartmann argues it is not the role of the Supreme Court to decide what the law is but rather the duty of the people themselves He lays out the history of the Supreme Court of the United States from Alexander Hamilton s defense to modern day debates with key examples of cases where the Supreme Court overstepped its constitutional powers The ultimate remedy to the Supreme Court s abuse of power is with the people the ultimate arbiter of the law using the ballot box America does not belong to the kings and queens it

belongs to the people A meticulously documented strategy for trimming the power of nine ideologically motivated political activists unaccountable to the will of the people important and timely David Korten author of When Corporations Rule the World

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