



## Attention Deficit Disorder: A Different Perception

*Thom Hartmann*

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## Attention Deficit Disorder: A Different Perception Thom Hartmann

Thom Hartmann has contributed to Attention Deficit Disorder: A Different Perception Second Edition as an author. Thom Hartmann is the award-winning, bestselling author of over a dozen books, including The Edison Gene, The Last Hours of Ancient Sunlight, and Attention Deficit Disorder: A Different Perception. His groundbreaking work in ADD/ADHD and psychotherapy has been featured in TIME magazine, the New York Times, and in media around the world. He lives in Oregon.

## Attention Deficit Disorder: A Different Perception Details

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Author : Thom Hartmann

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## **From Reader Review Attention Deficit Disorder: A Different Perception for online ebook**

### **Yolanda Solo says**

A much better way to look at this issue than classifying it only as a disorder. Not being able to regurgitate information like robots or sit in place for hours at a time is only a recent problem.

The world needs both hunters and farmers and education methods should adapt to that reality.

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### **Asher J. says**

Picked this one up from a forgotten shelf at the office--a rather older edition than the one listed here, I suspect--and was pleasantly surprised. While the book had plainly been there awhile (DSM-III diagnostic criteria and all), it was very readable, didn't come across as dated--rare, in the vintage self-help world--and, best of all, didn't totally undermine its non-pathologizing perspective by being blithely sexist or racist or classist or ableist all over the place.

Which is distressingly common in both clinical and self-help texts.

While it's pretty lean on actual, logistical strategies, it does deliver on the promise of its title--this is a useful narrative for engaging ADHD from a strengths perspective, and it's offered in enough detail to be pretty helpful in making sense of how ADHD shows up in people's lives. It also strikes a pretty balanced tone on questions about medication vs. other interventions, and actually acknowledges gaps in the research (which, again, have likely been partially filled since).

If I can get my hands on a more current edition, this will probably be getting a leg-up to the client-accessible shelf. Recommended.

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### **Javier Bustos says**

Nice book, easy to read. I wanted to read it in 2-3 days but every time i've started reading i finished doing something else.

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### **Ted Mallory says**

You thought it was just a joke on my facebook status?!

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### **John Towery says**

This book helps me understand myself a whole lot better. Just wished I knew about it earlier in life than later.

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### **Thom says**

I like Hartman's perspective of moving ADD & ADHD from "disorder" or "deficit" into "normal human expression."

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### **Benji Hall says**

I would like to say that my hunter mentality made it too difficult to concentrate, but instead I channeled my hyper-focusing abilities. Great insight on another bull shit "disease". News flash, people are different and can't be made to be normal by drugs. We can, through self awareness, focus and discipline, hone our strengths and limit our weaknesses. Great work Thom

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### **Bette says**

An important contribution to the discussion about how to think about ADHD, and about the people who are diagnosed as having it. Research into ADHD has advanced since it was written -- the ADHD link with PTSD is among the most promising, imo -- but this goes a long way toward de-stigmatizing those who have the diagnosis. I also agree with the importance of regarding medication as a last resort rather than as a first-line approach, as many professionals want to do. Non-drug approaches not mentioned here, such as the EFT method, hold much promise.

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### **James Andersen says**

It is always refreshing to read a book that talks about the "good" of a person said to have ADHD, as opposed to yet another book that criticizes the child and says his brain is defective. "Phooey!," I say, to that defect argument.

Seriously, with as little as we really do know about the brain, how could anyone ever say we "know" there is a defect with that child's brain, and then just drug the kid to death. Grr!

This book, anyway, speaks to the virtues of a child said to have ADHD-type behaviors, and explains why they are just that: Virtuous. From there, it is simply up to us; those who claim normality in the brain department, to adjust to the true intelligence of the ADHD-type.

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### **Corgi Mom says**

his book helped me to understand the differences in ADD and non-ADD people in how the ADD person functions and processes his/her world. The author talks about the "hunter" (ADD person) and the "farmer"

(non-ADD person), their characteristics and how those characteristics form the way they approach life. An even better book on helping me understand one of my sons. Truly an eye-opener.

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### **Hee-jung Cranford says**

Fascinating book about ADD's hunter instincts and traits. Learned a lot about what would be considered "abnormal" "quirky" tendencies that were quite normal and natural. Was sitting and nodding my head throughout the book.

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### **Cansu Sat?lo?lu says**

Truly amazing!

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### **Maggie says**

Don't let the name of this book stop you from reading it. You don't have to have ADD, nor does your child, to get a lot out of this book. The author, Thom Hartmann, puts a fresh perspective on how to improve relationships through understanding each other's unique way of doing and seeing. It is invaluable to understanding your child's personality and your own. It is an easy read and a book you will refer back to over and over.

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### **Jane says**

It took me forever to read this but it led to several significant insights including why youth librarians and our bosses often have a hard time getting along and why I like to read, not to mention why my husband and I have different ideas about listening to the radio.

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### **Vrinda Pendred says**

One of the best things I've ever read - so empowering and inspiring. ANYONE with ADD, or living with someone with ADD, NEEDS to read this book. We need more lit out there like this to change the world for the better.

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