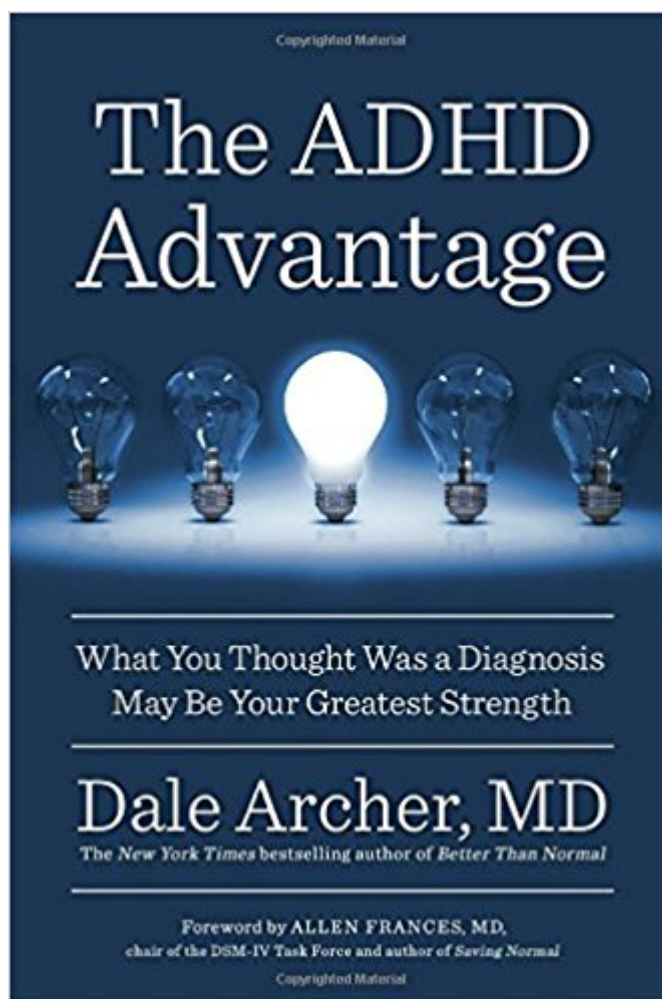


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# The ADHD Advantage: What You Thought Was A Diagnosis May Be Your Greatest Strength



## Synopsis

The New York Times [bestselling](#) author of *Better Than Normal*, esteemed psychiatrist Dale Archer, M.D., reveals how ADHD might be the key to your success. For decades, in the United States and in countries around the world, physicians delivered the diagnosis of ADHD to patients as bad news and warned them about a lifelong struggle of managing symptoms. But *The ADHD Advantage* explodes this outlook, arguing that some of the most highly successful entrepreneurs, leaders, and entertainers have reached the pinnacle of success not in spite of their ADHD but because of it. People with ADHD are restless, endlessly curious, often adventurous, willing to take smart risks, and unusually resilient, and their ranks include some of the greatest entrepreneurs of our time. Sharing the stories of highly successful people with ADHD, Archer offers a vitally important and inspiring new way to recognize ADHD traits in oneself or in one's loved ones and then leverage them to great advantage. Readers will learn to harness mental energy for greater creativity, embrace multitasking, and build a path to great success without medication. As someone who not only has ADHD himself but has never used medication to treat it, Dr. Archer understands the condition from a unique professional and personal standpoint. Armed with new science and research, and his own personal experience, he teaches readers to embrace their natural strengths and innate potential.

## Book Information

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## Customer Reviews

“By framing ADHD as primarily a set of personality traits and a unique learning style, instead

of as a disease or a disorder, Dale Archer moves psychiatry a step in the right direction. Written in an engaging style, the book is a refreshing change from the medicalizing of normal childhood difficulties.

• Marilyn Wedge, PhD, author of *A Disease Called Childhood*

“This book changes the conversation about ADHD by focusing on strengths rather than deficits. With a healthy mix of research findings, real-life stories and observations, Dale Archer convincingly shows that in the right context, ADHD symptoms can be leveraged and provide advantages. I feel particularly satisfied that he acknowledges the linkages between ADHD and entrepreneurship. The book provides me and other academics with ideas and inspiration to delve deeper into the topic.”

• Johan Wiklund, Professor of Entrepreneurship at Syracuse University

“By trying to suppress and medicate ADHD out of existence, we risk suppressing the gifts that are part of the package. Dale offers an array of useful and insightful alternatives for leveraging these strengths without the aid of a pill. Overmedicating...could dim the light that could be the next great business leader, explorer or innovator.”

• From the Foreword by Allen Frances, MD, Chair of the DSM-IV Task Force, author of *Saving Normal*

Dr. Dale Archer is a medical doctor, a board-certified psychiatrist, and a Distinguished Fellow of the American Psychiatric Association. He also has ADHD and has never used medication to treat it. Currently, he is the medical director for psychiatric services at Lake Charles Memorial Hospital and was appointed by the governor to serve on the Louisiana Medical Advisory Board. A media veteran with more than 800 television appearances to date, Dr. Archer has appeared on most of the top national news shows to talk about various psychological issues related to current events, business, behavioral economics, politics, and more.

Just what I was looking for!

Great reference book

Perfect.

I've the first 20 pages and as an adult recently diagnosed with AD/HD (inattentive type), I would recommend this book to anyone. Whether you've been recently diagnosed, have someone you love that's been diagnosed, or just need more information on AD/HD, based on the first few pages I feel this book offers hope and options to deal with your AD/HD regardless of the type you have. It made

me realize that I don't need stimulants to be a productive person, I can use the skills offered in the book to help shape my treatment plan

Finally some answers.... also listened to it on audible.com

Just bought the book, read it today. Filled me with hope as I am ADHD. Well written with lots of personal stories which I like. Anyone who is ADHD would be advised to read this book first.

Recommended read to anyone with a ADHD or who have children with ADHD. Also helps with any knowledge wanted on the topic.

The ADHD advantage is both frustrating and admirable, which would be the case for an ADHD educational/ self-help book! I thoroughly appreciated the positivity of the book, which focuses on the advantageous attributes of ADHD and nonlinear thinking such as the ability to be the 'Calm in Chaos' while at times hyper-focusing, multi-tasking with boundless energy and possessing the traits of Resilience, Sense of Humor and Charisma. When conversing about ADHD, it seems the negative is always the focus, such as restlessness, easy boredom, forgetfulness, etc., so this was a refreshing change. The toolkit at end of each section is fabulous, especially for those of us with ADHD relationships, and those of us with ADHD ourselves! Real life, personal stories & examples throughout the book lend to a flow, and keeps it interesting. As a daughter of, and mother of, a 10+ ADHDer, I have seen the miraculous transformation of their psyche with medication. I would have liked to have seen something more on the positivity of an appropriately dosed medication regimen. As a country are we over-medicating? Absolutely, but that 's not in every case, and in those who are 10+ers, their lives are dramatically, and advantageously changed when they are able to focus long enough to employ strategies that help them live with their ADHD to their upmost ability. There is a time and place for medication, as many of your examples have stated, but a less judgmental view would have been nice for those of us who have experienced the torment of those who cannot function without it. The strategies and mechanisms for functioning with ADHD that many use are imperative in order to survive and thrive in daily life, and have lent many successful situations, as I have personally witnessed along with the examples in the book. Bravo! If teachers and parents would employ some of these strategies with their students and children, many of the inferior feelings would disappear and a greater understanding of the advantages of this condition would shine through. Finally, I agree with Dr. Archer that much more needs to be done in the realm of females

and ADHD. Having experienced it, on a dramatic 10+ level with my mother and daughter, I can tell you there is a whole lot more to it than your textbook ADHD tale. I would implore anyone who works with ADHDers to delve more thoroughly into this topic, as it would save many in this half of our population. In all, a worthy book, touting the positivity and advantages of ADHD which will lead to a greater understanding of the condition for those who read it.

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