



Beverly H. Rohman



## Finding the Buried Treasure in ADD

***What do Thomas Edison, Albert Einstein, Mozart, Bach, John Lennon, and Walt Disney have in common?***

Studies have shown that they all exhibited strong ADD tendencies and characteristics. Their brilliance, innovation and different thinking have graced our world for decades.

***What could possibly be the common thread that is woven between quarterback Terry Bradshaw, CEO David Neeleman, actor Henry Winkler, and best selling author and psychiatrist Edward M. Hallowell, M.D.?***

These famous people all have been diagnosed with a learning difference ..... Attention Deficit Disorder. Successful athletes, business men, actors and doctors can also have the diagnosis of ADD. So does Michael Sandler, who bicycled through the heart of America, talking to everyone he could and bringing awareness to the good news about ADD, and whose positive message and inspiration is reflected in this article.

In many ways, it's not fair to think of ADD as a disorder. Sure..... it can be a challenge, a HUGE challenge at times, but when you understand how to work with it, you will find that it's a tremendous gift. You will also discover fantastic untapped potential. Think of ADD as a unique package that is hard to open, but ... once it is unwrapped, the gift will continue to bring joy forever.

ADDers tend to be some of the most creative people and the greatest problem-solvers in our world. It's often said that they think so far outside the box, they can't find the box. They are the visionaries, leaders, entrepreneurs; the movers and the shakers who find ways to do things others said couldn't be done. Consider the group of people mentioned at the beginning. Where would the world be without electricity --- discovered by a man who was sent home from school at a young age and told he was uneducable? His mother knew differently. How streamlined airline travel has become because an out of the box ---- and impatient --- ADDer, David Neeleman, invented the e-ticket. People with ADD are usually highly skilled at multi-tasking, quick thinking and good at handling fast-paced environments. Their supercharged brains constantly take in things being thrown at them from many directions. "Your brain goes faster than the average brain. Your trouble is

putting on the brakes,” writes Dr. Edward Hallowell, in his new book, *Delivered from Distraction*. He goes on to explain that the ADD brain “(gets) one idea and you have to act on it, and then, .....you’ve got another idea before you’ve finished up with the first one, and so you go for that one, but of course a third idea intercepts the second, and you just have to follow that one, and pretty soon people are calling you disorganized and impulsive and disobedient and defiant and all sorts of impolite words that miss the point completely. Because you’re trying so hard to get it right. It’s just that you have all these invisible vectors pulling you this way and that, which make it really hard to stay on task.”

The term ADD is a misnomer as well. It’s not that someone with ADD has a deficit in attention --- it’s more of an inconsistency. When they are doing something challenging or interesting, they have the greatest ability to hyper-focus in the world. When a deadline approaches or when facing the most insurmountable of challenges, they have the ability to hyper-focus and shut out everything that doesn’t matter and pull off the most incredible results.

ADD’ers are not only highly creative and productive thinkers, but very empathetic and people oriented. They often “have a special ‘feel’ for life, a way of seeing right into the heart of matters, while others have to reason their way along methodically. This is the person who can’t tell you how he thought of the solution, or where the idea for the invention came from, or why suddenly he produced such a painting never having painted before, ..... (they) just saw it, (they) could feel it,” says Dr. Hallowell.

Being diagnosed with ADD is not a criminal sentence, nor a black mark on your record. **It is a positive!** It means you have incredible gifts and potential! All you have to do is to understand how to tap into your amazing resources ---- find the buried treasure ---- and soar.

You can learn more about the positives of ADD and learning differences from Dr. Hallowell and a host of experts at the Todd Performing Arts Center, Chesapeake College, on March 9<sup>th</sup> and 10<sup>th</sup>. For more information call 410-763-7097.

Send your questions to *ASK TLC*, 101 Bay Street, Suite 6, Easton, MD 21601, or write to [info@thelearningconnections.net](mailto:info@thelearningconnections.net) and look for answers in our upcoming columns.

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