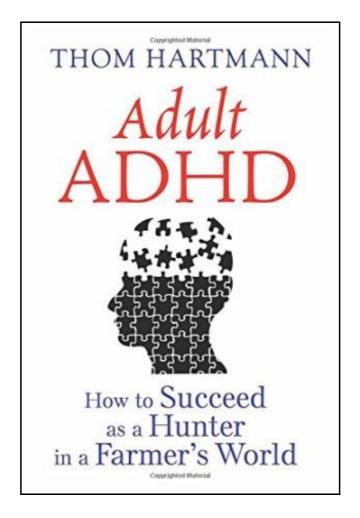
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(Dr. Raven Ledner)

ADULT ADHD: HOW TO SUCCEED AS A HUNTER IN A FARMER S WORLD (PAPERBACK)



Inner Traditions Bear and Company, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Most people do not grow out of Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). For many, their ADHD traits have led to difficulties in school, relationships, and work. But for our hunter-gatherer ancestors these characteristics were necessary for survival. Hunters must be easily distractible, constantly scanning their environment, and unafraid of taking risks. When humanity experienced the agricultural revolution 10,000 years ago, a vastly different type of personality-the methodical Farmer - became dominant. Most of our modern world is tailored to this Farmer personality, from 9-to-5 jobs to the structure of public schools, leaving ADHD Hunters feeling like unsuccessful outcasts. However, the Hunter skill set offers many opportunities for success in today s Farmer society-if you learn how to embrace your ADHD traits instead of fighting against them.In this step-by-step guide, Thom Hartmann explains the positive side of Hunter behavior. Drawing on solid scientific and psychological principles, he provides easy-to-follow organizational strategies, tips to maintain focus and create a distraction-free workspace, and tools to set goals, build a business plan, and discover the right business project to keep you motivated. Hartmann also includes tips on navigating family relationships and parenting-for most Hunter parents are also raising Hunter children. 3rd Edition, New Edition of ADHD Secrets of Success.

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