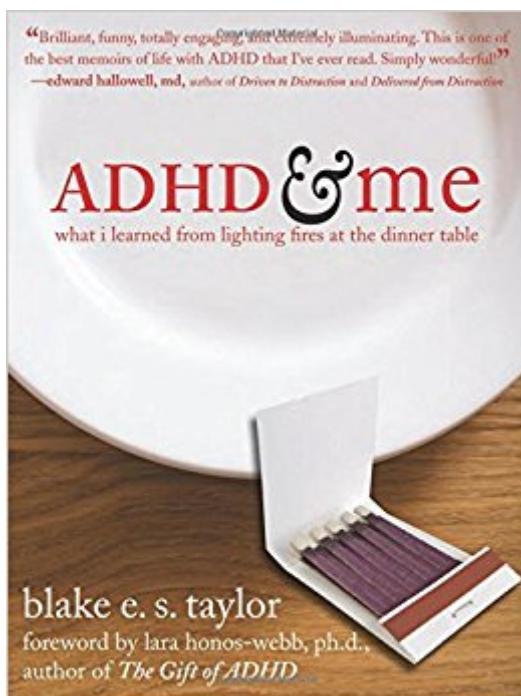


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# ADHD And Me: What I Learned From Lighting Fires At The Dinner Table



## Synopsis

Blake Taylor's mother first suspected he had ADHD when he, at only three years of age, tried to push his infant sister in her carrier off the kitchen table. As time went by, Blake developed a reputation for being hyperactive and impulsive. He launched rockets (accidentally) into neighbor's swimming pools and set off alarms in museums. Blake was diagnosed formally with ADHD when he was five years old. In *ADHD and Me*, he tells about the next twelve years as he learns to live with both the good and bad sides of life with ADHD. Blake's memoir offers, for the first time, a young person's account of what it's like to live and grow up with this common condition. Join Blake as he foils bullies, confronts unfair teachers, struggles with distraction and disorganization on exams, and goes sailing out-of-bounds and ends up with a boatload of spiders. It will be an inspiration and companion to the thousands of others like him who must find a way to thrive with a different perspective than many of us. The book features an introduction by psychologist Lara Honos-Webb, author of *The Gift of ADHD*, and a leading advocate for kids with ADHD.

## Book Information

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## Customer Reviews

A college freshman this fall, Taylor was five when he was diagnosed with ADHD, attention deficit hyperactivity disorder. He's been medicated all these years, but even when he remembered to take his pills, that's only been a small part of his learning to cope with ADHD. Taylor's still more impulsive, more hyperactive and more open to distractions than others. He can also be more energetic and more passionate than anyone else. He has learned to see his neurological

differences as a mixed blessing—yes, he's obsessive, but channeled toward a good cause, that can translate to hyperfocused. He veers off the subject, but that can spur creativity, thinking outside the box. Taylor relates the stories of his ADHD mishaps in no special order—how he set fire to the dining room in ninth grade, how he was bullied in sixth grade, how he was victimized by his first-grade teacher—as if to emphasize that a variety of problems can always happen. After describing each incident, he follows up with a cause and effect discussion of what he learned from what went wrong, followed by a solutions section, a few brief tips for other kids to try. Taylor speaks to fellow teens and their families with an authority few experts can muster. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Blake Taylor's book, *ADHD and Me*, is stereotype-busting from the outset. How can a whirlwind of a boy, now young man, like Blake, write such a lucid, disclosing, revealing, and, above all, insightful book? The book blends extremely personal descriptions of situations, binds, conflicts, and realities, some humorous and some deadly serious, with extremely useful practical information on how to cope with and overcome the often-devastating symptoms and impairments related to ADHD. Most of all, the book serves to humanize a label and a condition that are too frequently viewed with skepticism and even derision. This is a must-read for people of all ages who are concerned with ADHD, mental illness, treatment, coping, and stigma. —Stephen P. Hinshaw, professor and chair of the Department of Psychology at the University of California, Berkeley Taylor offers readers an inside look at how he gets along on a daily basis as well as a guide for people in the same situation. —Students struggling with ADHD and their parents will benefit from the author's insights. —Library Journal, 15 November 2007 Taylor speaks to fellow teens and their families with an authority few experts can muster. —Publishers Weekly, 17 November 2007

Great book for kids in grades 4-12. Here are some other superb books for children and teens with AD/HD. Grades K-3 Mrs. Gorski, *I Think I Have Wiggle Fidgets*, Barbara Esham My Warp Speed Mind, Donalisa Helsley Otto Learns About His Medicine, Matthew Galvin Shelley, *The Hyperactive Turtle*, Deborah Moss My Friend Has ADHD, Amanda Tourville 80HD: A Child's Perspective On ADHD, Trish Wood Terrific Teddy's Excessive Energy, Jim Forgan 1-3 Annie's Plan: Taking Charge of Schoolwork and Homework (attention, time management, organization, homework), Jeanne Kraus K-6 All Dogs Have ADHD, Kathy Hoopmann 2-6 Jeanne Kraus- Get Ready for Jetty! My Journal About ADHD and Me, Cory Stories: A

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I'm reviewing this for the individual actually living with add or adhd. I can't and won't speak to what a person who does not have this "disorder" might take from it. This is a short and brilliant little book, in which a young man who has yet to be jaded by the adult world and has been incredibly well-supported by his family explains, honestly and with a good degree of insight, how his life experiences have been impacted by having adhd. This book was more or less what I was looking for and something I simply haven't been able to find in the clinical literature. If you look up a definition of adhd, you get a list of symptoms that you are somehow supposed to match your or another's behavior to. Over time I've realized that not only are those lists not terribly useful but they frequently are completely useless and leave a great deal of uncertainty about what is adhd and what is behavior that is separate from that and it's really sort of impossible to diagnose from these lists (or by visiting so-called "professionals" - but that is a different issue). In order to understand a disorder, you really have to hear stories from people who have lived with it. Those are the symptoms you have to look for. The other problem with books by and assistance from people who are not intimately familiar with a disorder is that they generally contain absolutely useless advice. An example would be orderliness. It's good and well to say, you need to organize yourself. But when you present something in a vacuum like that, it induces stress and intimates a negative trait on the listener's part - as though being "organized" in a very traditional way is the only correct way to do things and anything other than that is incorrect. And a number of people (maybe most? I don't honestly know) actually believe this to be true. Those of us who operate with a lack of obvious organization (from the perspective of an external party) know that our systems generally work well, oftentimes much better than what appear to us to be pathologically "organized" systems. But the point is that you know what works best for you. When someone else has already dealt with your

underlying issues, the advice they give based on their experience is actually useful. The author offers examples of how he adapted his world to certain types of organization, rejected others, all the time knowing that he would have to see for himself what worked. Throughout the book he does this. The end is particularly insightful, speaking to the positive and unique abilities of those with adhd in the form of a short list. And what's nice about that is that it underlines that while adhd may represent a different way of being or processing information or interacting with the world, it doesn't mean that it is an incorrect way or really represents a disorder. It just means that to do what you want to in this world, you may need to adapt your behavior to those who have less creativity and insight. And yes, he does say medication helped him immensely. I don't know of anyone with adhd it has not helped and I see no reason for people not to do things that help them and do not hurt others and so I think it's a very responsible and appropriate statement for the author to repeat. he's explaining what works for him.

I've bought at least 10 copies to give to teachers and friends

I read this book in about two hours because I couldn't stop reading it!! I have a seven year old son who has ADHD. Blake E.S. Taylor gave me a window into my son's life, my son's emotions, and my son's struggles with ADHD. This is a book that everyone who has ADHD and anyone who knows anyone with ADHD should read. It is an easy read -- the words of a boy who really is aware of his emotions. The only thing that I would have liked to learned more about from Mr. Taylor were his experiences with the medications in relation to his appetite, emotional ups and downs, and other side effects that he might have experienced. The information about the tics was great as my son has been "clearing his throat" (a typical tic seen in ADHDers) for months now and I didn't know it was likely a tic until I read Mr. Taylor's book. Anyway, I really enjoyed this book and I highly recommend it. Thank you, Kim (California)

Decades ago, ADHD was not understood, and kids with the disorder were treated as "bad kids". In recent years, kids with ADHD have received more "reasonable accommodations". When such a boy/girl does something wrong, there's a debate on whether or not to penalize the child. But whether you take away the TV, take away the Nintendo, or make the kid clean up the mess, one question remains; what happens to the kid when he/she is 20 years old? Your boss at work will not care if you have ADHD, nor will a Judge and Jury. There's no such thing as the ADHD defense. Blake's story shows how kids with ADHD may have no choice but to learn the hard way.

Take for instance the part where he's at a sailing club and breaks a safety rule. He ends up needing to be rescued, and gets banned from the premises. He can't use ADHD as an excuse now, because unlike a teacher in a classroom, the owner doesn't have to make any accommodations for ADHD. Blake ends up learning the hard way, when he starts a fire on the kitchen table and his parents refuse to let him learn to drive.

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Coal Fires ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet)  
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