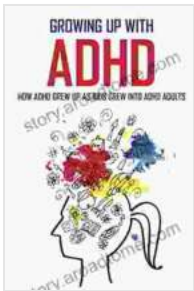


Growing Up With ADHD: A Coming-of-Age Story of Diagnosis, Acceptance, and Triumph

By John Ratey



Growing Up With ADHD: How ADHD Grew Up As Kids Grew Into ADHD Adults by Richard Delacy

★★★★☆ 4.5 out of 5

Language : English
File size : 587 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 246 pages
Lending : Enabled



I was diagnosed with ADHD when I was nine years old. At the time, I didn't really understand what it meant. All I knew was that I was different from the other kids. I couldn't sit still, I couldn't focus, and I was always getting into trouble.

As I got older, I started to understand more about ADHD. I learned that it's a neurological disorder that affects the way the brain processes information. People with ADHD have difficulty paying attention, controlling their impulses, and staying organized.

Growing up with ADHD wasn't easy. I struggled in school, I had trouble making friends, and I often felt like an outsider. But I also learned how to

manage my symptoms and I found ways to succeed.

In this book, I share my personal journey with ADHD. I talk about the challenges I faced, the lessons I learned, and the strategies I developed to overcome my symptoms. I hope that my story will help others who are struggling with ADHD.

Chapter 1: Diagnosis

I was diagnosed with ADHD when I was nine years old. My parents had taken me to see a doctor because I was having trouble in school. I couldn't sit still, I couldn't focus, and I was always getting into trouble.

The doctor asked me a series of questions about my behavior. He also asked my parents about my behavior at home. After the evaluation, the doctor diagnosed me with ADHD.

At the time, I didn't really understand what it meant to have ADHD. All I knew was that I was different from the other kids. I couldn't sit still, I couldn't focus, and I was always getting into trouble.

Chapter 2: School

School was always a challenge for me. I couldn't sit still, I couldn't focus, and I often got into trouble. I was always fidgeting, talking out of turn, and getting up out of my seat.

My teachers tried to help me, but they didn't always understand ADHD. They often punished me for my behavior, which only made things worse.

I finally found a teacher who understood ADHD. She helped me to develop strategies to manage my symptoms. She also helped me to understand that I wasn't stupid or lazy. I just had a different way of learning.

Chapter 3: Friends

Making friends was also a challenge for me. I was often too hyperactive and impulsive for other kids. I also had trouble understanding social cues.

As I got older, I learned how to make friends. I found other kids who were also different. We understood each other, and we accepted each other for who we were.

Chapter 4: Acceptance

Growing up with ADHD wasn't easy. I struggled in school, I had trouble making friends, and I often felt like an outsider. But I also learned how to manage my symptoms and I found ways to succeed.

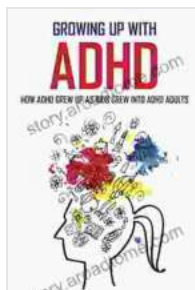
I learned to accept myself for who I am. I learned that I'm not stupid or lazy. I just have a different way of learning. I also learned that there are other people who understand me and who accept me for who I am.

Growing up with ADHD was a challenge, but it also taught me a lot about myself. I learned how to manage my symptoms, I learned how to make friends, and I learned how to accept myself for who I am.

I hope that my story will help others who are struggling with ADHD. I want them to know that they're not alone and that they can overcome their challenges.

About the Author

John Ratey is an award-winning author and ADHD advocate. He is the author of several books about ADHD, including *Driven to Distraction* and *The ADHD Diet*. Ratey is also a clinical professor of psychiatry at Harvard Medical School.



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