



~Bryan Hutchinson ADDer WORLD

"It's so comforting to know we are not alone with the heartbreaking inconsistency of our mystifying ADHD symptoms. You truly help people gain not only an understanding of ADHD but of themselves". ~Ariane Benefit, M.S.Ed.

"Bryan's memoir is riveting, engrossing - a crowd pleasing read. Heartbreaking at times, heartwarming at others, if you are looking for a guide through your own or your child's ADHD, you'll find it here. A

delightful gem - not to be missed!" ~Dr. Lara Honos-Webb, author of: The Gift of ADHD and Listening to Depression

Is it ADHD or Bad Luck? **ADHD** friends with Gifts and Benefits! Sex Love Marriage Affairs and ADHD Is Sex important to someone with ADHD? **Embracing Me and ADHD**

We Adder's are wickedly intelligent and able to perceive things that people without ADHD have a very difficult time understanding, or rather, we tend to see things in a situation that are not yet clear to most people. As true as that is and as much of an advantage our perception and intuition can be, we also have a disadvantage of missing the subtle human communication cues. I have an idea why that is and I have tested this idea. There is a way for Adder's to learn what cues we are

Looking back, many mid-to-late diagnosed ADDers start to realize how much they missed when they came to the age of building and maintaining relationships. It is not uncommon for ADDers to be married late or miss out on several potential relationships, or be divorced more than once. In my experiences many relationships do not form for Adders because of miscommunication and self

speech, clearly articulated.

The good news is that we as ADDers can learn body language and learn these cues, but it could take a very long time. If an Adder is undiagnosed; he or she might think they are just dumb or stupid for not 'getting it' and over too long a time, we eventually learn some of the cues which we were missed in the past. For those who know they have ADHD this learning process is much more rapid by simply knowing and understanding what it is we are missing and therefore start to deliberately learn the subtle human communication cues. The key is to know that this is a problem and accepting one's situation and purposely learn what cues are and train one's self to observe them. This is one of the many reasons why diagnosis of ADHD is often described by Adders as being liberating! Knowledge and acceptance of one's condition can help bring fulfillment in many aspects of life. ~Bryan 2008

Not everyone finds the diagnosis to be liberating and some are very upset by it and even more so that there is a label for it. Even so, by learning more about it, even if not willing to accept the label, there exists the potential for coping and overcoming. I was personally gratified to learn I have ADHD. I was tired of kicking myself and putting myself down for my behaviors and not learning how to control or correct my behaviors. Heck, when I was put down or punished for my erratic behavior I would go and punish myself twice as hard as anyone else. The reason I put so much punishing and damaging pressure on myself is because I had the belief if I suffered enough I would stop getting myself into jams. Knowing I have ADHD has helped me learn about the common traits most of us share, why those traits affect us and how others have learned to cope with them. Knowing and understanding is so very important and at least to me it has been a very liberating experience. With the knowledge of why I do certain things and how my mind tends to work things out, I have started accomplishing things I only faintly dreamed of

A few weeks ago I was reminded of something which I sincerely and vehemently believed for a long time: Which was that I was cursed with a terrible case of life-long bad luck (if you have ADHD then you know what I am talking about). In my imagination I figured I must have

~Bryan 2008

"I thought that having a medicine and reading and learning would mean there was a cure and if I followed the yellow brick road I'd arrive where everyone else in the world already is, the city called "Normal". I thought it meant I'd be "normal", like everyone else and that I'd fit right in and be considered a citizen and at long last I would belong." I am pretty sure you have arrived, Anna! Well written and I am sure, like me, so many can and do relate. We walk together, you and me... all of us, whether we realize it or not.

The thing about it is that Anna is right. There is no cure for ADHD and it does indeed sometimes seem like we are following the yellow brick road. Medications can help, but not always, and learning specific, personal techniques to cope with our symptoms can help too and yet, we get tripped

There are times that I think we get too caught up in certain terms like: Cure, Neurotransmitters, Neurobiological, Disorder, Syndrome, Nuance, Dopamine, Serotonin and Adrenalin and yes, even ADHD and more. What do all those things mean? It can be so confusing and the more I read such complex, ambiguous words, the more confused I get. I don't really want to know about any transmitters or a dopamine level (How often have I written about them? Exactly), that's for my doctor(s) to understand, because, no matter how much I hear about them and read about them, they still

up by other things which at first might not seem obvious to you or me.

don't mean that much to me. How much do they mean to you?

Everyday take ten minutes to half an hour and write things about yourself that you like. Write about things you have done well and things you have a positive feeling about. Start a journal. It can be an online blog or a notebook you carry around with you, or, it can be a bit of both. Set time aside each day to write in your journal. This journal should only be for positives with no 'ifs' or 'buts'. You can write a few sentences or a few paragraphs or a few pages. That's the exercise. It's simple to do. It is also simple not to do. Yeah, I like to repeat myself. You know what I mean. Also, don't use any medical terms in your journal. Well, that's your choice; I am having a case of reading medical jargon overload - that may just be me.

Too many of us fail to realize the things we are doing well, the things we enjoy and the things that make us glow with joy. The negatives too often take precedence. Setting aside a little time each day to recognize the other side gives us a fresh perspective and reminds us that not everything we do and say is necessarily bad or wrong. Heck, we are humans too. Everyone, normal or not so normal, average, special or amazing trips from time to time, but they keep walking.... Keep walking and every now and then, stop to smell the roses, and/or, enjoy a delicious cup of coffee or tea.

Friends and neighbors, I know this post is long already, but, I am not done...

down. 'nuff said!

tle about you too, but only you can know that.)

convinced counseling will work.

once, unbeknownst, forsaken.

charts.

about them.

~Bryan 2009

ger for more chocolate continues.

I had a choice. I made that choice.

Some are just looking for love in all the wrong places.

person and each part of me makes the whole of me.

ing. Thank you, Bryan!"

his condition).

~Joel Goodsen, Ph.D.

moving forward."

Once you find it, sex is ultimately satisfying. There is no last bite of chocolate.

~Bryan 2009

fooling around while married or in a long term relationship. What gives? It seemed like a good relationship. Yes, it had some ups and downs, what relationship doesn't? I have a theory about some affairs and people with ADHD. Actually, I have several theories, but in this post I am going to try to keep it to just one of them. Remember though, it's just my theory and, like I said, it doesn't cover every affair. This particular theory deals with late bloomers. Many of us with ADHD are late bloomers, including some that are early diagnosed with ADHD. 'Late bloomers' meaning that it has taken us so long to figure ourselves out and what's going on around us that we are not 'aware' of what we truly want, much less need, until our 30's or our 40's. A great deal of adult ADDers are diagnosed in their late 30's and early 40's, which I figure is also about the ripest time for late bloomers to 'wake up', as it were.

In the 'late bloomers' theory all anger and resentment is wasted; all blame and punishment is equally wasted. In affairs nobody is going to win anyway. However, what isn't wasted is discovering the true reason behind any such behavior. When the true reason for the affair (s) is discovered healing and reconciliations can be begun, but let me add that in this theory I present herein, it is more than likely that a separation will take place. Counseling is a choice as a remedy, but I am not

In this theory, a significant percentage of late diagnosed ADDers grow up insecure and unaware of so many things going on around them. With this insecurity and confusion many tend to at first seek some risky relationships, but usually are just looking for security and stability. While in the midst of finding said security, it is habitually found in the form of a relationship in which a 'role' is taken on. The relationship is typically found after standards and expectations have been severely lowered after many failed, short term relationships, perhaps even mid-ranged longer relationship (s).

In this 'late bloomer' theory, although there may have been many failed short term relationships, there is very little explored in one's true sexuality and the person has many withheld emotions. Eventually, disappointment and general anger set in due to dissatisfaction and an overall feeling of something missing. Who knows, any of those short term relationships may have been 'the one', but due to typical ADHD symptoms such as misunderstandings in verbal communication, misunderstood or missed body language, low self-esteem and a host of other such issues, there really was no chance and self-blame sets in. When the blame sets in, either towards self or an ex-partner, standards naturally get lowered and personal wants and needs fade into the background only to

When the 'late bloomer' wakes up, there may come a realization that they are not in love, perhaps enveloped with an overall feeling of dissatisfaction for their secure relationship and, usually without even considering it, the 'late bloomer' starts to notice others, seeking that which they had

Late bloomers, in this theory, are ripe for affairs because they did not get involved in their longterm relationship for the right reasons, there may not have been the presence of love and, as harsh as this may sound, the person with ADHD may have just settled for what he or she thought they

resurface, sometimes much, much later, when the person finally 'wakes up'.

Not really. Physical sex that is, it is nearly irrelevant. You wouldn't think so, because, well, we probably think of sex more than we think of anything else. However, we don't think of physical sex that much, not in that way. Do you doubt me? Then read on. Our inherent definition of sex is entirely different than what we think sex should be. I mean to say that what marketers, advertisers and movies, TV and magazines show us what sex should be, isn't what we define sex to be. And you know what sex in of itself is uninspiring for someone with ADHD, and yet, for someone who doesn't have ADHD, I have heard tell that that having sex, physically and emotionally, with someone who has ADHD can be the best sexual experience they have ever had, the first few times, that is. Have you heard this too? I am not basing this article on any research or scientific facts. Take it or leave it, read it and think about it, that's all. This all comes from the mind of Bryan; I am an ADDer, that's my research. Even

~Bryan 2009 What They Are Saying about Bryan's books and articles!

"As a therapist who treats many ADHD patients, I can tell you what a real find this is. Bryan's books gives such hope for millions who have felt pain, humiliation, or just lost; it

"A Story that had to be told! As both an ADHD Coach and an Adult with ADHD, I highly rec-

"I could not put it down! The book is an easy read, and is more of a auto-biographical accounting of how the author has overcome some traumatic events in his life as a child, some genetic pre-dispositions, as well as some failed recognition by the public school system (of

The book also provides a healthy dose of excellent, practical tips that people can relate to because they are all couched in real-life stories, i.e. accounts from the author's life. The book is not scientific in nature, one learns from it by 'experiencing' how a young man overcame some tremendous obstacles to eventually reach a relatively healthy, well-balanced life.

In summary, I highly recommend this book to people personally struggling with ADD, as well

"Bryan Hutchinson's life is inspiring and his message is one of hope, forgiveness, and of

~Nancy Ratey ED.M, Harvard University - Author of: *The Disorganized Mind -* nancyratey.com

the AD/HD label, and personalizes the interesting nuances of the recovery process."

~Dr. Charles Parker, Writer, Speaker, Neuroscience Consultant - Corepsychblog.com

~Bryan Robinson Ph.D. Author of: *The Art of Confident Living* - bryanrobinsononline.com

lationships. Every parent of a child with ADHD should read this book."

~Gina Pera Author of: Is It You, Me, or Adult A.D.D.? adhdrollercoaster.org

"Bryan's work helps readers understand the everyday medical and practical limitations of

"Bryan's book is written from the heart. What he's done to overcome his challenges is inspirational. Anyone with ADD or with friends, loved ones or colleagues with ADD will be in-

"It is authentic. Parents of children with ADHD, you, too, will find this book helpful in trying to understand your child's point of view. Not understanding or even recognizing ADHD, many parents will assume they need to get tougher and crack down on the child. That doesn't just strain the relationship; it can also traumatize the child, leaving them gun-shy in personal re-

"Nearly everyone has been touched by someone with ADD / ADHD some time in their lives and this book helps not only the person that struggles with the symptoms of ADD / ADHD, but also family, friends, co-workers, etc. of someone with ADD / ADHD (my youngest son was diagnosed with ADHD at 5). The book made me laugh one minute and cry the next. As a copy-

"If I were president for a day I'd make it mandatory reading for all elementary teachers and parents of boys with or without ADD. The author clearly has extensive knowledge of ADD as well as first person experience -- a powerful combination that really helps the reader understand some of the many nuances of ADD. This book opened up very enlightening dialogue between my spouse and I and then my immediate family. We were able to confirm what we have long suspected; that in my family most of us have varying degrees of ADD but as adults have learned to compensate in interesting ways. We are productive and happy adults, but felt validated at the similarities we found with the author. Thank you so much for being so

editor and proofreader, I have the opportunity to read many books but this one really

"Insightful, positive, motivational - most of all: inspiring and helpful."

assures them they, too, can find a path for healing and joy in the celebration of liv-

ommend One Boy's Struggle: A memoir: Surviving Life with Undiagnosed ADD"

~Dr. Nancy B. Irwin, Los Angeles, CA, Author of: YOU TURN, drnancyirwin.com

~Tara McGillicuddy ADHD Specialist Coach, myaddblog.com

as professionals who must treat them."

~ Keath Low add.about.com guide, Clinical Scientist

formed and touched by Bryan's book."

have it themselves. This book shows you the truth dead on, and most likely will be the closest you will ever get to really understand what your kids are dealing with on a daily basis, in both their minds, as well in the world around them." ~ Steve FitzPatrick "Best one I've read since reading 'Driven to Distraction'! Being diagnosed around 15 years

help so much to assisting in understanding them."

~Mindy Schwartz fullcircle-adminservices.blogspot.com

"Insightful, positive, motivational - most of all; inspiring and helpful."

"Bryan's insightful writing glye's marvelous voice to Gina Pera Author of: Is It You, Me, or Adult A.D.D.?

Bryan L. Hutchinson

~ Lisa - online reviewer

in Bryan's book."

~Dr. Ragan psychologyofclutter.com

Bryan's Bio: By Jennifer Kuntzi

Those with ADHD Miss subtle **Human Communication Cues**

Diagnosis of ADHD brings Forgiveness and Understanding From time to time someone writes me and asks why many adults with ADHD find the diagnosis liberating. Diagnosis helps explain our often confounding and misunderstood behaviors. We tend to do things which we know are not helpful and can be disruptive. Once we understand the why's behind our actions and why some people react to us in certain ways it opens the path for us to forgive ourwall, creating emotional distress and quite often low self-esteem and depression.

in. When she saw me, she was horrified and wanted to take me to the hospital (I had to calm her down), but all I wanted was some coffee and a salad - oh, and an extra large band-aid would have When we made it to the counter the staff still did not offer me any condolence or assistance – it is a good thing it wasn't as bad as it looked or worse. I know it was my fault, but Jeeze, maybe a couple band-aids could have been offered. I was too embarrassed to ask, and wouldn't let Joan ask either. I used a couple napkins to cover my wounds (I was a spectacle), we ordered our food and ate - I mean, I have ADHD, so this wasn't my first run-in (pun intended), I knew what to do and it wasn't

Before I was actually diagnosed with ADHD, I did this sort of thing all of the time. Diagnosis didn't cure me of such mishaps, but they are less frequent now and they usually do not draw blood, well,

side. I know, I know, we are not going to abandon them... didn't mean to startle you. No, what we are going to do is simply put those issues to the side temporarily. Challenges, problems and difficulties are a part of life, you have them, I have them, we all have them (even the so-called 'normal's') and they are not going anywhere any time soon. What we need to do though, is lessen their impact and begin to replace some of them with something else. What some of us do not realize, as I pointed out, is how addictive those issues can become. We don't need medical terms to help explain this process, you and I know, in plain English, the reality is that we get 'jacked up' on the issues. There is no cure for being 'jacked up' from time to time. However, there is a process that can help us refocus and what's awesome about it, is that it is simple. This process is easy to do, but, like any process which is easy to do, it is also just as easy not to do.

Get over it and move on... sure sounds easy enough, right? Yeah, that's what I thought. No, it is not

Let's take a moment each and every day to put our challenges, problems and difficulties to the

so easy. And then again, maybe it is easier than we want to admit... I have learned...

~Bryan 2009 Is Sex important to someone with ADHD?

search for a cure outside of one's self – something to permanently solve the reality of ADHD symptoms. It seems to me, fighting ADHD in search of a cure is akin to searching for that magic answer Embracing ADHD means, at least to me, to look at the symptoms and say okay, you are a part of me therapy and other medical influences as a means to help make those symptoms work for me and not necessarily cure them. Sounds simple, right? Never quote me as saying that embracing one's ADHD is easy. It is not. Who

doesn't fantasize about being free from the symptoms from time to time? For me, those fantasies are fewer and fewer as time goes by. When I look in the mirror I want to like who I see, imperfections and all. Now, though, when I look in the mirror I don't see any imperfections, I see me as a

Yes, there are nuances and many areas of grey (I write about them); however, if there is anything I have learned for myself, it is that one can get lost in those areas and never find one's way back out,

~Anya, ADDer World reader anyatraille.com "I find comfort, solace, understanding and belonging in all of Bryan's work. He has chosen to make his voice the voice of all of us who are finding our way out of the fog, and discovering the beauty of ADHD, and I'm so thankful for his wisdom, guidance and above all, love for all of us!" ~Jen Kuntzi, ADHD Specialist Coach NerdyMommy.com

generous with your life experiences!"

~Reading Mom, online reviewer

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"Every therapist will want to have Bryan's book in their library to refer to patients." ~Dr. Nancy B. Irwin, PsyD, Las Angeles, CA **Table of Contents** Those with ADHD miss subtle Human Communication Cues Diagnosis of ADHD brings Forgiveness and Understanding

missing and start recognizing them for what they are. Many Adders do indeed learn the cues, but usually much time has passed and it's in late adulthood. At a very young age, non-Adder children start learning the subtle human communication cues that are a natural part of life. Youngsters of the age of 2, and often earlier than that, recognize facial cues from their parents and siblings. The subtle human communication cues are what guide a child in his or her actions before understanding 'speech'. I think because of our distracted ADHD nature, even at such a young age, we do not fully comprehend these cues, because we do not observe them as closely. Yes, we comprehend them, but on a more limited level from lack of focusing on them. That's partly the reason ADHD children are more challenging to raise. Because we miss an expression or a body motion from a parent we are perceived to be ignoring them. Then when we go off to school, and beyond, we continue to miss such subtle communication cues... it might be

eye movements, raised eyebrows, a shrug, or a smile—people generally communicate on a completely other level which does not involve speech and is called body language. Adders need

doubt... well, self doubt comes partially from the miscommunication. The other person could be giving very clear indicators through non-speech and we ADDers will completely miss them. This, I think, is a big problem. Think about it, at the beginning of any relationship, with hopes of becoming something more, neither person just comes out and says what their wants, needs, or intentions are: an ADDer needs this clearly defined, but it is not typical and does not happen in the real world. Would you just go up to a new person you met and want to get to know and just come out and say: "Hey, I like you and would like to work out a relationship with you? Do you think we could just skip the courtship and get into the relationship?" -that's not very likely to work and therefore an ADDer is often perceived to be naïve or disinterested when missing the key, yet subtle cues of intentions. Kiss her or not kiss him? Do I have her approval even though she didn't 'say' I can kiss her? For most people, if they have been aware and have been observing the non-verbal cues, then they would usually know the answer.

others cannot bring me down or stop me from creating something better for myself. Just in that previous statement alone there is something of critical importance and that was the impression that others wanted to stop me from becoming a better person in my own right. That wasn't the truth of it at all. I made mistakes, I said the wrong things, spoke impulsively and acted impulsively and people reacted to that, believing I was doing it on purpose. Just that understanding alone had a profound impact on my life. Forgiveness to self and others.

I was reading a very nice posting by Anna on our ADDer World ADHD Social Network today and she got me thinking about something. She asked: "Is there a happy ending for people with ADD/ HD?" She continued and wrote:

ADHD friends with Gifts and Benefits!

Those are the friends with gifts and benefits I am talking about. Communicate with those people, share your positive stories on how you are coping, making it and improving day to day. Try to stay away from naysayers and the condemners. You know the people I am talking about, the ones that will bring you down, the ones that are disrespectful of others thoughts, beliefs and feelings. Disrespect and tactlessness is not helpful and only makes the ADHD community, you and me, look bad. Try to avoid people like that. Be a role model of decency and respect and become an ADHD friend with gifts and benefits to yourself, others and our community as a whole. Respectfully challenging current dogma is okay and yet, there are those out there who are tarnishing our reputation be-

cause they believe being crass and mean is the only way. Shame on them, we, you and me, we are better than that. So are they, if they take a moment to figure that out, instead of beating others

(Special thanks to Anna for allowing me to use her wonderful analogy in this post. This post is not necessarily about Anna, like most all of my posts this is about me and if you relate, maybe it's a lit-

Sex Love Marriage Affairs and ADHD

Why does it seem that too many people with ADHD come to a point in their relationship that they seek an affair, or simply find themselves in the midst of overly fantasizing about having an affair?

ADHD friends with gifts and benefits. Remember, that's the title of this post. The next part of this exercise is to find people who relate and are sharing their experiences in positive, beneficial ways.

were worth at the time. This is why I mention that counseling may not work in this theory, because, if the person is not, and never was, in love with his or her partner, what is there to rescue? Save it for kids or what there seemed to be? I don't know. When the 'late bloomer' wakes up, there isn't any going back to the way things were, the world has opened up to them and those long withheld emotions, needs and wants will no longer allow themselves to simply be repressed. I do not believe that any amount of counseling, pleading or convincing will cause the ADDer to revert back to a pre-'awakening' state. Instead of seeking for him or her to revert, it is probably more advantageous to point out the good things that they do have, that is, of course, considering they are already in a good, loving, caring relationship of value. If the person with ADHD eventually 'fell' in love with his or her partner, then it is less likely an affair will happen even when a 'wake up' is achieved. Please, keep in mind that this post is a theory and just touching on one at that. Affairs do not only pertain to people with ADHD, affairs happen with all types of people, all over the world, everyday, for many different reasons.

I would embrace my ADHD or I would fight it. It may seem like an easy choice, but anyone who has ADHD can tell you, it's not. Even so, it seems like it would be a clear yes or no. What's the difference between fighting it and embracing it? For me, fighting ADHD means to which will cure the world of all evils. and I will find a way to make you work for me and not against me. By doing this I can look upon

Embracing Me and ADHD

touched me deep inside." ~Nita Ammon, ADHD Mother, Proof Reader, Editor. "As a person with AD/HD who always felt "not of this world", to me, reading Bryan's work is like seeing for the first time a reflection appear on the other side of a mirror which had appeared empty for so long."

> One Boy's Struggle: A Memoir Surviving Life With Undiagnosed ADD

> > Attention Deficit Disorde

Website: www.ADDerworld.com Social Network Site: www.ADDerWorld.ning.com After struggling through a painful childhood, a frustrating young adulthood, and a decade in therapy, Bryan Hutchinson finally found the key to unlocking the complexities of his mind. He was diagnosed with ADHD, at

37 years old – and after his initial shock at the diagnosis, he was ultimately filled with liberation and validation, knowing finally that he wasn't simply lazy, or a failure, or incapable of sustaining relationships and living a life of purpose. He embarked on a journey of self-discovery, learning along the way the power of positive thinking and reframing his negative self-image into a positive one filled with optimism.

Please share this document with friends, relatives and anyone who may benefit. Bryan does not expect everyone to share the same opinions he has, especially on every subject. However, on his blog, he asks for your opinions to help enhance and expand his. The articles contained in this document can also be found on Bryan's ADDer World blog: www.adderworld.com along with comments from his readers. The information in this document has been for informational purposes only. If you believe you have ADHD or any condition please seek the assistance of a trained professional.

As he learned more about ADHD, and met more and more people like him, who had felt like failures for their entire lives, who lived with pain and self-loathing every day, who felt powerless to change their lives, Bryan was filled with a need to bring to others the peace and hope that he himself had found. He wrote his first book, "One Boy's Struggle: A Memoir - Surviving Life with Undiagnosed ADD" in the hope that people reading his book would know that the higher ground is out there, and more importantly, no matter how far down you are, the higher ground is within your grasp. Bryan has come so far, through therapy and mentorship, that it's often assumed by those that don't know him or haven't read his book, that his ADHD is only a mild case. It's only after you understand where he came from, that his current success becomes inspirational. Bryan has become an advocate in the ADHD community. His blog, www.ADDerWorld.com, is an online journal of his experiences and opinions concerning life and ADHD. In many ways Bryan's blog is a continuance of his first book. His second book, "The Brilliant Reality of ADHD", is a wide ranging collection of his personal blog posts, articles and essays, as well as new articles written especially for the book. He also created the www.ADDerWorld.ning.com social network, which is quickly growing to be one of the largest and most active ADHD websites on the net, where those touched by ADHD can come together as a community to support and encourage each other in both struggles and triumphs. Bryan's dream for ADDer World realize their talents. people with ADHD everywhere.

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selves and learn to be less hard on ourselves. Knowledge is power in everything in life. The more we know about ADHD, the better we can cope and modify our behavior. Not knowing why or how or what the heck is going on, especially when we repeat things over and over again drives us up the in the past. I am no longer inhibited by own negative and self-defeating thoughts about myself and,

Is it ADHD or Bad Luck?

done something terribly wrong in a past life and; therefore, I was paying the price for it in

this life. Well, I was later diagnosed with ADHD, just as awful, I thought at the time, but not as un-

Let me tell you what happened, and feel free to let me know if something similar has happened to

I was checking text messages on my phone, while following after Joan into a local restaurant . She was gaining some distance ahead of me and went in before me. Without looking up I opened the

manageable as pure, cross-a-black-cat, break-a-mirror, step-on-a-crack, bad luck.

you. Nobody wants to be alone in their follies, right?

going to stop me from eating.

not as much.

~Bryan 2009

The whole incident left a mark, in more ways than one.

Darn, my bad luck! er... I mean, my ADHD - Duh!

door and the edge of it caught me just above my left eye and on the ridge of my nose! It hurt so bad that I saw black for a few moments. My hands shot up to cover the area (dropped my phone!) and I started saying a few choice words, you know, to help dull the pain, and when I took my hands away they were covered in blood (good thing I dropped my phone). To make matters worse, I noticed three little girls looking up at me pointing, two had their mouths open in shock and the third had her other hand over her mouth, clearly trying to stifle her giggles! Worse still, the employees just stared at me without asking if I was okay or needed, I don't know, maybe a napkin, or an ambulance perhaps? Finally, I realized this was more serious than a bump and dashed into the bathroom and spent about 45 minutes cleaning myself up and getting the blood to nearly stop, it was an insistent bleeder. Meanwhile, Joan was searching for me everywhere, freaking out, especially after finding my phone (yeah, think about that a moment). She finally knocked on the bathroom door and looked

to point B, much less feel better about myself? So far, they haven't. Yes, they may make up the individual bricks on the yellow brick road, but, how many times do we stop while walking and define each brick we walk on? Maybe we could dissect each brick, but, would that help us get to our destination? It will take longer to get there, I can tell you that much, at least for me. Another thing we tend to do, and I am way too guilty of this one myself, without realizing it we too frequently hyper-focus on our challenges and the things we are doing wrong. Let me be the one to tell you, there is nothing more complex than our personal challenges and our mistakes. We should learn from them, yes, but, for heaven's sake, we need to learn limits! You know it is true. Let me be completely honest with you, I have found myself so focused on a problem, and how disappointed I am with myself for not figuring it out, that I hardly realize when I have solved it – the hyper-focus can become so addictive that I do not understand, at the time, that I am holding onto some problems on purpose! What?! Why? So I can continue to focus on it and all the while I do not recognize how damaging it is, and that another problem is being created. It would be just one thing if the damage would be limited to ourselves, but this over focusing on problems and other negatives hurts our families, our friends and keeps us living in bygones.

How can reading about those complex terms and their various meanings help me get from point A

This doesn't apply to everyone and yet, there seems to be a growing number of mid-aged ADDers

so, I've got you thinking, because, you know... Sex is boring. We'd rather be doing something else while in the act of having sex, something more exciting, like, well, fantasizing about sex, putting together a good story about our sex life and while we do that we miss out on something important, the reality of sex. What's the reality of sex... but first... Now, just because sex seems boring to us while in the throes of passion, it doesn't mean it's boring for the other person. Why? Maybe it is because we are trying to reach a goal while having sex, and

by trying to reach that goal we go all out for the other person, to please them, and many of us do get the other person where they want to go, but, did we get where we want to go? Usually not, and that's why we see the actual act of sex as boring. We pull out all the stops for the other person, but,

What's the problem? Why is sex unsatisfying? Are you sure you want to know? Remember, I am just telling you what I think here, no scientific facts, you can take it or leave it and it may not be the same for everyone... I am not going to present any neurons, biochemistry or brain scans. No pie

Physical sex is unsatisfying because it can never seem to live up to our expectations! ADDer men may have porn collections that outpace their comic collections. And some ADDer women have more romance novels than they could ever finish reading. Why? They are not satisfying and the search will go on, until you find the one movie, book or magazine that is satisfying... some come close, but, never quite reach it. Does that even make sense? No, it probably doesn't, unless you know the truth. Sex, in of itself, will never scratch that seemingly ever enduring itch, oh, yes, you will scratch the itch of those you have sex with, indeed, quite well, at first and if that were all that

Do you want to know the ultimate answer to solve this mystery? Our inherent definition of sex is something entirely different than we tend to realize. Some of us realize it, but not all. Sex is... love, compassion and ultimately caring for someone else. When we have love, the real kind of love, the kind that keeps you up until dawn just talking and getting to know the other person – that is what sex is and physical sex becomes an extension of that. Physical sex, alone, will never be satisfying until we care about the other person and stop worrying about whether they can give pleasure in a physical manner, because, the right person can, if you open up, let go and let them, by caring

ADDers tend to have an expectation of sex that will never be met and can never be met, one reason is because we have lived through a life of not achieving our expectations and therefore give-up on having any real expectations that we want to turn into reality. We find it easier to relinquish wanting something because we don't think we will get it anyway. However, when it comes to sex, too many continue to create and build on a fantasy no one person can ever hope to fulfill. Porn collections and romance novels will never fill the void, getting more of them is like a chocolate craving, the last bite is never enough because it isn't quite as satisfying as one had hoped. And yet, the hun-

would be important, well, then sex would never be boring.

in our (usually wrong) estimation, that person doesn't seem to take an interest in pleasing us.

or, the trip back can be a very long one. Those places are like a never ending ring of mystery and complexity that, far too often, just leaves one feeling worse and worse. That's my experience. I embrace who I am, all of me. I can work on this and that (I do), tweak this and that (I do), learn as much as I can about ADHD (I do); and still, as a whole - I embrace me.

"I vowed never to read another book on ADD/ADHD. I understood why the near genius IQ, why I performed so poorly in school, told I was lazy and why I had trouble focusing. I read all about the different skills I needed to acquire to overcome this debilitating learning disorder. These books were all informative, providing valuable information for those with ADD/ADHD, their families and teachers. Yet not one book served to provide an answer to what has always been disturbing me - that is until I read Mr. Hutchinson's book, "One Boy's Struggle. This is why I cherish this book and highly recommend it." ~Laurie Siegel "I recommend this to parents and teachers dealing with children with ADD/ADHD. No one can ever truly understand what it is like to go through life having ADD/ADHD unless they

ago I have read many great books on ADD. I have to say this one is different. Bryan tells a easy to follow story, of what it was like to live with ADD and not know why he couldn't make himself a "normal" kid and later adult. Many books talk about the symptoms, and the things we fail at, Bryan talks about how those symptoms are played out and the feelings that are left behind in your soul. I had to wipe my eyes many times while reading this book, yet he never fails to bring hope to the reader, of a brighter future, no matter how deep the failures. His positive attitude, toward a so called disorder, which is normally thought of as a negative, is inspiring and leads the reader to think about how much more, they too, can be and accomplish. This should be required reading for any parent with a ADD/ADHD child, I feel it would

"I started reading Bryan's book on a road trip with some friends (no, I was not the one driving) and I was amazed. I kept laughing, crying, saying 'that is what I did'. My friends thought I was crazy. I told them I was not crazy and that I felt like someone wrote a book about me."

"Bryan's book is not bogged down with research or statistics. His story reads like a conversation with a friend. After reading the book I feel like I know Bryan although we have never met. If you are feeling isolated and misunderstood regarding ADD, you will likely find solace

Bryan L. Hutchinson Click Here to Purchase Books

~Jennifer Kuntzi

is for it to become an organization of motivational encouragement, spreading positive thinking and positive redirection for those struggling with the frustrations of ADHD. He has participated in limited public speaking and looks forward to expanding in that area to continue to assist others in various ways, highlighting the realities of ADHD, and showing how positive thinking can help ADDers take control of their traits and Bryan is married to a wonderfully supportive and inspiring woman, Joan. She has been a true guiding force in Bryan's life, showing him unconditional support and unfailing belief in his abilities. Bryan and Joan spend time together watching movies and taking day trips to different cities, just to walk around and experience the sights. He devotes most of his spare time to advancing ADDer World, providing hope and inspiration for