

## TABLE OF CONTENTS

### INTRODUCTION

Embracing the Maverick	15
The Subway Incident	18
Getting My Diagnosis	20
The Maverick Within	26
The 5 Essential Skills for Managing Adult ADD	29
What to Expect	32
Your Life, Your Rules	35

### CHAPTER 1

Break the Cycle of Overwhelm	39
Overwhelm: The Common Denominator	39
The Golden Rule of ADD Management	42
Slow Down to Speed Up	44
Ways to Slow Down	46
Recharge Your Batteries	49
Put on Your Oxygen Mask First	54
Anna's Story	55
Self-care: Popping the Bubble Bath Theory	58

### CHAPTER 2

Work With Your ADD, Not Against It	73
Other People's Rules Don't Work	73
Don't Trust Your Judgment	74

Sharon's Story	75
What Is and Isn't ADD?	78
Hyperactivity	80
Inattention	81
Impulsivity	84
Taking Action	85
Memory	87
Alertness	89
Emotional Sensitivity and Reactivity	91
Pay Attention!	93
Jimmy's Story	93
Express Yourself	97
Communicating Your Differences to Others	98

### CHAPTER 3

ADDjust Your Attitude	101
Your Bad Attitude Gets You Nowhere	101
How Do We Become So Negative?	102
Danielle's Story	102
It Doesn't Need to Be Fixed	109
Carrie's Story	109
But I Don't Even Know What I'm Good At	113
Don't Be a BMW	113
Forms of Negative Thinking	115
Forget About Other People	121
Dump the Shoulds	123

## CHAPTER 4

Take Control of Your Space and Time	125
Stop Trying to Be So Organized	125
Lisa's Story	126
Organization Procrastination	129
Plan the Time to Plan	131
Avoid All or Nothing Thinking	133
Follow Through	134
Plan the Time to Plan Your Time	136
Ben's Story	136
Putting It All Together	147

## CHAPTER 5

Live Out Loud	149
The True Test of the Maverick	149
My Story	152
Start Living Out Loud Today	158

## CONCLUSION

Success and Happiness on Your Terms	161
What It Really Means to Manage Your ADD	161