



Memoirs of an ADHD Mind: God was a Genius in the Way He Made Me

By Melissa R. Hood

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Attention deficit disorder/ hyperactivity disorder (ADD/ADHD) can make learning difficult for sufferers who struggle to cope with the affliction. They are usually in constant chaos until coping skills are put into place to create the “systematic information filter” that they need in order to process information. This book will help people with ADD/ADHD by way of teaching educators, parents, and others how to help the sufferers cope with the stress that often times disrupts learning. It will help those with the disorder achieve higher-level learning and success.

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Bibliography

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Editorial Review

From the Author

You know I never dreamed that a condition that has seemingly cost me much throughout my life would ever turn out to be such a blessing. When I was going through all the job losses and the constant stress it created I never expected life to turn out like this with God working it for my good. My heart hopes, as you read my book to inspire you to try the new coping skills in your student endeavors and within your career, so that many of you can ADVANCE into your dreams. Children, students and adults alike that struggle with the ADD/ADHD condition always seem to have to do double the work in order to succeed in life. My book is here to show you and the world that you can DO ANYTHING that you set your heart/mind to IF you have the right coping skills.

Coping skills create structure and structure is what ADD/ADHD people need in order to function well in this life and to be successful!

Join me as you read about my life and about what I did to overcome this condition to move into my dreams and into GOD's plan for my life!

Because it can happen for you if you will try JUST ONE MORE TIME! Come on! You CAN DO IT!

From the Inside Flap

Memoirs of an ADHD Mind

Foreword

Omar S. López, Ph.D.

What is it like to live with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD)? How does one cope with these conditions while meeting the demands of school, work, and family? When life seems too complicated, confusing, and overwhelming, where does one with ADD or ADHD go for understanding and support? How do parents, siblings, and others create the right environment where children and adults with ADD or ADHD succeed in living a purposeful life?

If you, a friend, or someone in your family has ADD or ADHD and are seeking further insights into how to overcome these conditions, then Missy Hood's, *Memoirs of an ADHD Mind* is a book you need to read and reference often.

I first met Missy when she was a graduate student at Texas State University where she earned a Master of Arts in Interdisciplinary Studies. As part of her program requirements, Missy completed a 15-month research study on college students with ADHD and their coping strategies that resulted in personal, academic, and professional success. Yes, people like Missy with ADHD do achieve high levels of achievement beyond what many people believe is possible!

This book is about how that achievement happens. Missy begins your journey to understanding the world of ADD and ADHD with her life story of how she was a non-diagnosed ADHD child and how this played out as she struggled through school. Here, the reader will benefit greatly from Missy's authentic accounts of living in the ADD/ADHD world--giving parents and guardians, as well as educators, insights into the emotional, physical, and psychological needs of young ADHD children relevant to their success at home,

school, and the community. Through Missy's own experiences, you will then examine the ADHD life as a teenager and young adult, where you will appreciate the ADHD challenges to child and adult development.

At this point in the reading, Missy has established for the reader a solid grasp of ADHD from her own experience coping with the condition, and then begins to develop the vision described in the second part of the book's title: "*God was a genius in the way He made me.*"

I personally find this aspect of Missy's book appealing because I observe consistently in my own work helping others in life planning that people's ability to cope with personal challenges is highly dependent on their strength of character when based on some spiritual context. In this regard, Missy does not see ADHD as a "curse" but rather as a "condition to overcome" knowing that God's blueprint for her life was perfect.

The reader will be spellbound throughout the remaining book chapters as Missy continues to share stories of her life odyssey with ADHD, describing the coping interventions and insights acquired for success within this spiritual context. In so doing, Missy seeks to inspire you to help yourself or others with ADHD achieve higher levels of personal, academic, and professional success. This is part of her purposeful life--to inspire others to achieve great things despite ADD or ADHD.

If that too is what you seek for yourself or others, then this book is for you.

I leave the reader with my final insight as I reflect about Missy as a person: by giving of yourself to help others to overcome ADD or ADHD, you transcended your ADHD from a "condition to overcome" to a "gift to others".

Yes, Missy. God was a genius in the way He made you.

Omar S. López, Ph.D.

From the Back Cover

ADD/ADHD can be highly detrimental if the individual that suffers from it cannot learn to apply coping skills while they are in the learning process- whether that be in education, career or just in their lives. A mind that struggles with ADD/ADHD is in constant chaos until coping skills are put into place to create the systematic information filter that the ADD/ADHD person needs to process information through. Without this filter the ADD/ADHD person's brain will be on overload hindering them from moving into higher level learning and success.

Users Review

From reader reviews:

Susan Williams:

Now a day people who Living in the era everywhere everything reachable by connect with the internet and the resources included can be true or not require people to be aware of each facts they get. How people have to be smart in acquiring any information nowadays? Of course the reply is reading a book. Examining a book can help persons out of this uncertainty Information especially this Memoirs of an ADHD Mind: God was a Genius in the Way He Made Me book because book offers you rich info and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it as you know.

Katrina Scofield:

Reading a reserve tends to be new life style within this era globalization. With studying you can get a lot of information that will give you benefit in your life. Using book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A great deal of author can inspire their own reader with their story or perhaps their experience. Not only the storyplot that share in the ebooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on earth always try to improve their skill in writing, they also doing some investigation before they write to their book. One of them is this Memoirs of an ADHD Mind: God was a Genius in the Way He Made Me.

Terrie Newlin:

In this era which is the greater person or who has ability in doing something more are more special than other. Do you want to become one among it? It is just simple way to have that. What you have to do is just spending your time not very much but quite enough to experience a look at some books. One of many books in the top checklist in your reading list will be Memoirs of an ADHD Mind: God was a Genius in the Way He Made Me. This book which can be qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking up and review this e-book you can get many advantages.

Jennifer Evans:

As we know that book is significant thing to add our knowledge for everything. By a e-book we can know everything we want. A book is a set of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This reserve Memoirs of an ADHD Mind: God was a Genius in the Way He Made Me was filled with regards to science. Spend your time to add your knowledge about your scientific disciplines competence. Some people has distinct feel when they reading the book. If you know how big benefit from a book, you can truly feel enjoy to read a reserve. In the modern era like now, many ways to get book that you simply wanted.

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