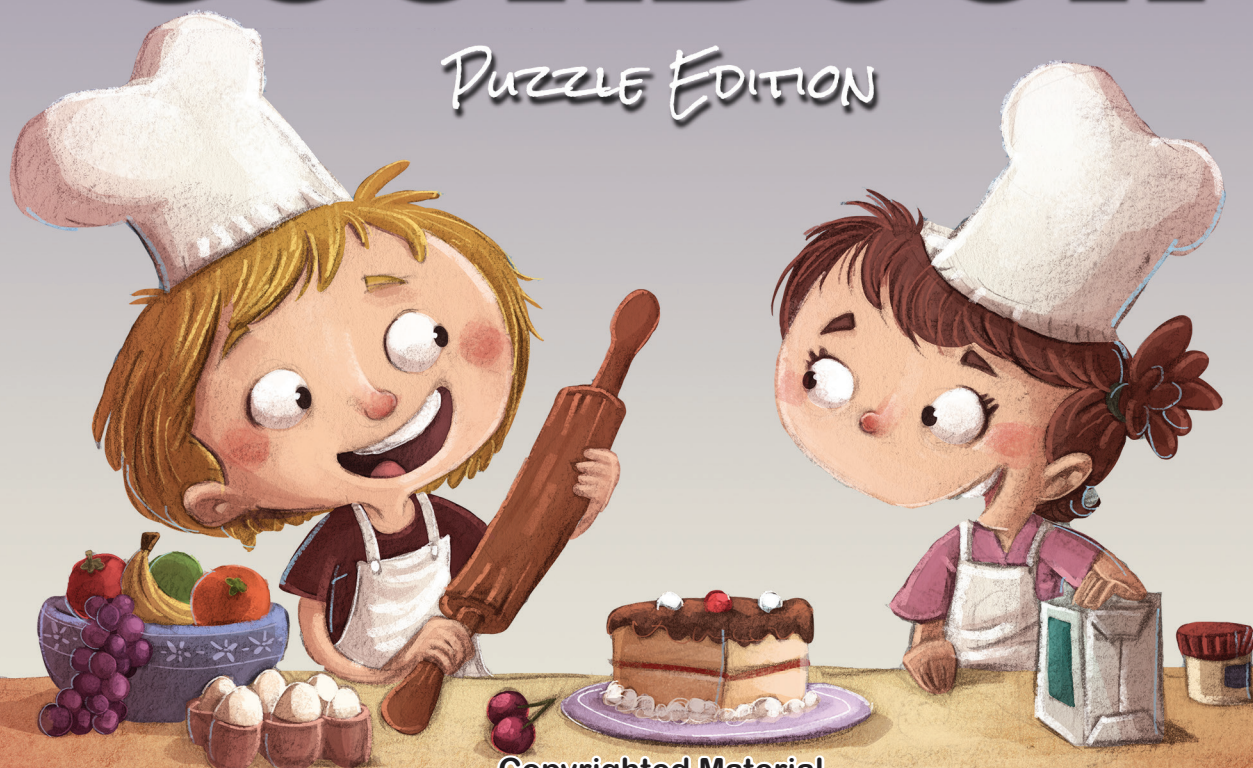


The Attention Deficit Disorder Hyperactive Cookbook

PUZZLE EDITION





CONGRATULATIONS!

You MAY HAVE ADHD.

That's okay. Lots of people do.

You're going to be fine.

BUT DO NOT TURN THE PAGE!
INSTEAD, FLIP TO PAGE 23.

NOT
THIS
PAGE!

Don't like to follow directions, do you? We understand.
GO TO PAGE 13 ANYWAY.

Please...

Copyright © 2022 Jimmy Huston

ISBN: 978-1-970022-80-3

All rights reserved, including the right to use or reproduce this book or portions thereof in any form whatsoever without written permission from the publisher except in the case of brief quotations embodied in critical articles or reviews.

All images are used under license from Shutterstock.com

Cosworth Publishing
21545 Yucatan Avenue
Woodland Hills CA 91364
www.cosworthpublishing.com

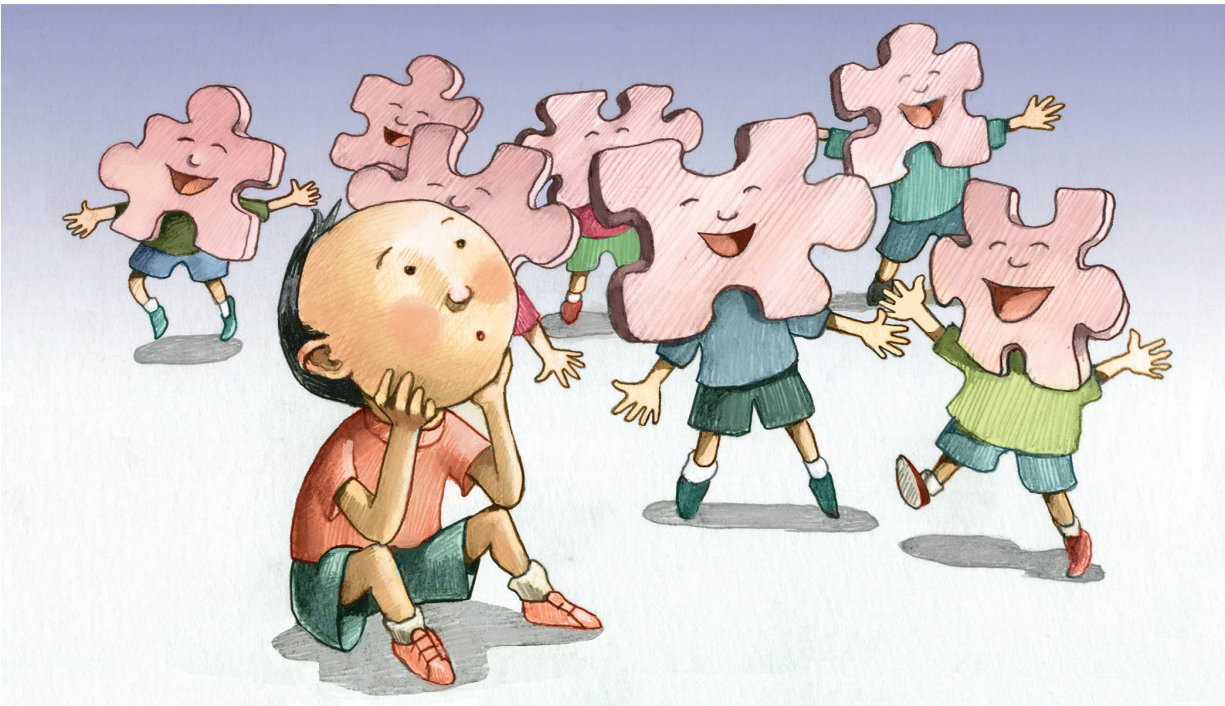
For information regarding permission,
please send an email to office@cosworthpublishing.com.



THE ATTENTION DEFICIT DISORDER HYPERACTIVE COOKBOOK

Puzzle Edition

JIMMY HUSTON



WHAT IS ADD? (OR IS IT ADHD?)

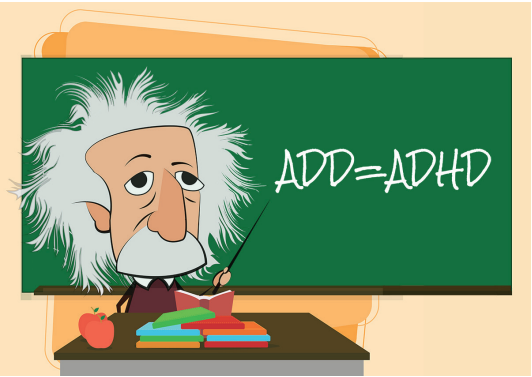
ADD is short for Attention Deficit Disorder, a condition that causes some people to be inattentive, easily distracted, or subject to memory problems.

Because some people with ADD are also hyperactive (fidgety) or impulsive, ADD is now called ADHD, which stands for Attention Deficit Hyperactivity Disorder — whether you are hyperactive or not.

It can be confusing, like if you said peanut butter sandwiches and peanut butter and jelly sandwiches were now both to be called peanut butter and jelly sandwiches, but divided into sandwiches with jelly and without jelly. Makes perfect sense.

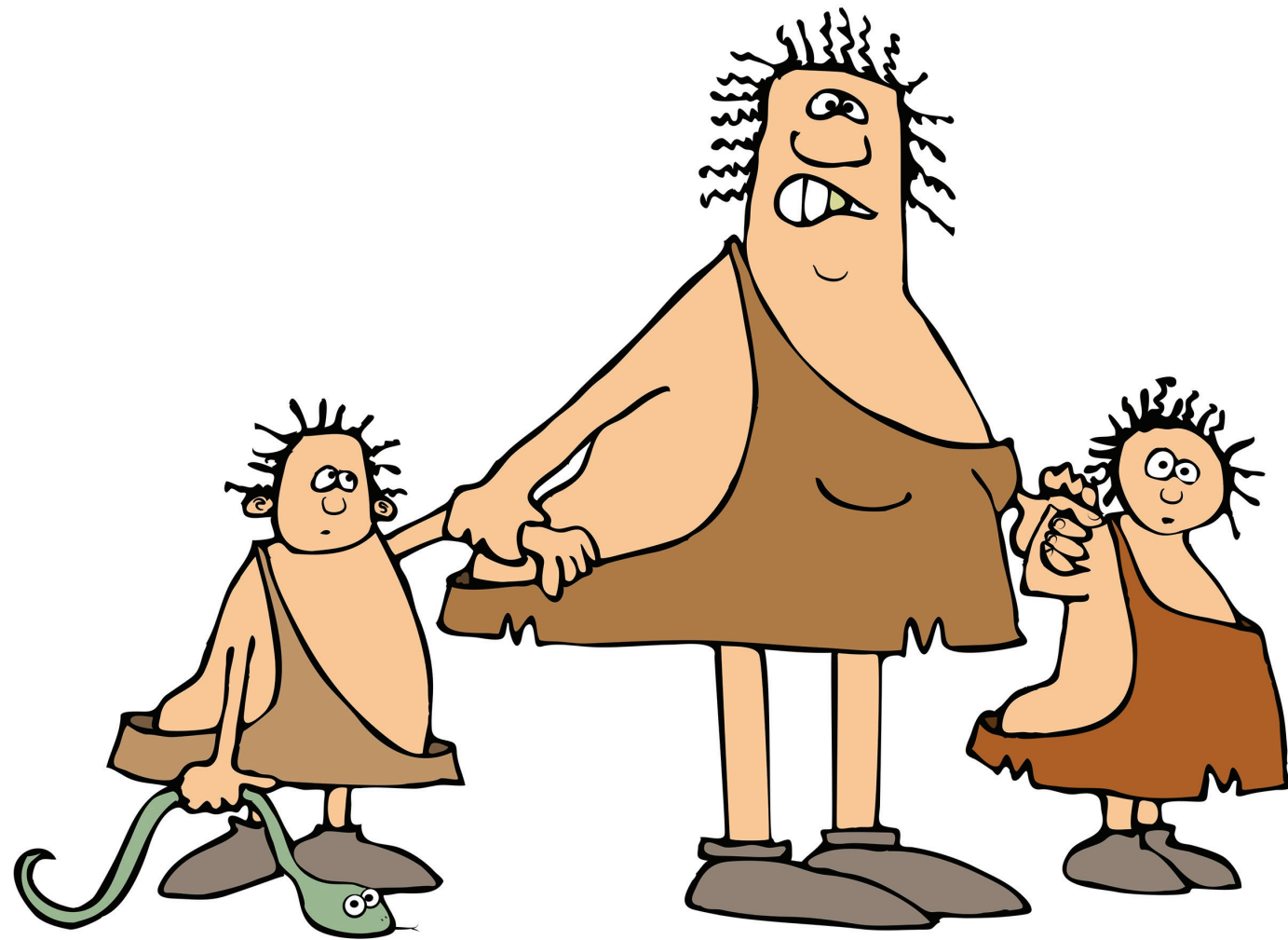
This means you can have ADHD without being hyperactive. That’s the daydreamer, who is inattentive. Or, you can be the fidgeter, who can’t stay still, but also is inattentive.

In other words...



FROM PAGE 55

GO TO PAGE 10



ADHD ISN'T NEW. IT'S BEEN AROUND FOR A LONG, LONG TIME.

Over centuries, many people have been affected by it, and while it can be difficult, many of them have accomplished great things.

Many successful people happily admit to their ADHD tendencies, and often give them credit for contributing to their success. You're going to see many examples. You may not yet know who some of them are, but you will.

You might know some of these famous people who freely talk about their ADHD: Adam Levine, Justin Timberlake, Paris Hilton, Channing Tatum, Zooey Deschanel, will.i.am, Emma Watson, Woody Harrelson, Justin Bieber, and Ryan Gosling.

Don't worry. You don't have to be an actor or entertainer. You'll see others on other pages.

FROM PAGES 20, 26, & 40

ADHD ISN'T GOING TO STOP YOU.

Although there's no way to test for ADHD in someone a hundred or more years ago, people talk about historical figures and study them and write about them. Often they are known to have habits and behaviors that are good clues.



For instance, it is believed that Christopher Columbus had ADHD. And Socrates. Also Nostradamus. Winston Churchill, too. They did okay. You will, too.



GO TO PAGE 30



AM I A FREAK?

No.

You are not a freak. You are simply a person with a problem. Everyone has problems. Your problem has a name, and you can learn to deal with it. You're going to be fine.

ADHD is common. Look around you. The odds are there is probably someone in your class dealing with ADHD. It may even be the teacher. Don't be afraid to talk to that person about how to deal with ADHD.

About 5% of the world's population have some form of ADHD. That's one in twenty people — one in twenty KIDS.

There are about eight billion people in the world. Five percent is 400,000,000 people. You are not alone.

Every one of those eight billion brains is different. Some are typical. Some are unusual.

If you are one in four hundred million people with ADHD, you are not a freak.

FROM PAGE 6



Getting Bored? Take a break!

Go outside and play for a while.

Then come back and turn to **PAGE 48**

You were born with it. ADHD is not contagious. No one can "catch" it from you. You can't give it to anyone. And it is not caused by watching TV, playing video games, or too much sugar.

ADHD is believed to be genetic in nature, which means you probably inherited it, although it's possible that it is affected by environmental factors, nutrition, or injuries.

Some doctors believe that one factor is reduced dopamine, a chemical in the brain that can help move signals between nerves.

How Did I Get It?



Oddly enough, medicines that are stimulants can sometimes calm kids with ADHD. Some non-stimulant medicines can also help. Antidepressants are also used in some cases.

Your doctor may try several medicines at different dosages to find what helps you.

It's important to tell your doctor how the medicine makes you feel. That helps the doctor know how to adjust your dosage, or perhaps even to change medications altogether.

Also, some kids with ADHD stop taking their medications after a few months. Because ADHD is chronic, it is necessary for medication to be taken consistently to be effective, so don't cheat.

Will Medicine Help?

Medicine can help, but there is no single answer to ADHD. Drugs that help some people do not help others.

FROM PAGE 11



There is evidence that vitamins and minerals can have a positive affect on kids with ADHD. It is thought that low levels of some neurotransmitters in the brain are related to the development of ADHD, and that these micronutrients can help.

Some experts believe that a proper diet of fruits and vegetables can provide the same benefit.

Also, get plenty of sleep.

Recipe
1 Pill
1 Glass of Water
Swallow Pill.
Sip Water.
Repeat as Directed.



Go to Page 4



TIME IS DIFFERENT WITH ADHD.

There are three kinds of time. There's AM time, PM time, and ADHD time.

Time is a variable speed phenomenon for kids in the ADHD Club. It just flows differently for you.

There is no real "sense" of time. It's there. It isn't there. Whatever. Maybe it's important. Sometimes. But maybe not.

Do you feel like two minutes is basically the same as two months? That can be a problem, whether you're boiling a three-minute egg or trying to catch the school bus early in the morning. Do you always misjudge the amount of time a task will take (or a tomato)?

Life is hard when you're always fighting the clock.

Teach yourself to pay attention to time.

FROM PAGE 57



Not so fast!

Fidget spinners have been heralded as a way to channel excess energy and reduce ADHD stress in some kids. Many teachers disagree. They find them distracting to everyone, including the kids spinning them.

SPINNERS?

GO TO PAGE 14



YEAH, IT'S A BRAIN THING

ADHD is neurodevelopmental. That means as you grow, your brain develops in a way that can cause difficulty with learning, memory, self-control, behavior, emotions, and language.

That makes some things harder for you than for other people, especially things that require concentration — like that pesky old schoolwork.

Your brain sometimes has trouble controlling thinking, paying attention, and planning things, but it's the only brain you get so you need to find a way to work with it.

FROM PAGE 1



IT STARTS EARLY.

Babies are a lot of work. ADHD babies are even more work. That's when some parents begin to suspect they have a child with ADHD, usually by comparing behaviors to other children the same age.

Early identification and treatment is critical. Otherwise, problems can develop such as trouble at school, stress at home, people problems, depression, substance misuse, and possible injuries. Symptoms can occur as early as age 2 and can continue into adulthood, changing with age.

Find the ADHD tools early and make your life easier.

Pages 12 -79 are not shown in this sample.

GO TO PAGE 6



DO NOT OPEN THIS BOOK UNLESS YOU HAVE ADHD!

You will find it annoying, disorganized, puzzling, even more annoying, somewhat subversive, maddening, tasteless, too long, still more annoying, and a bit silly. Don't even bother.

If you DO have ADHD, your mind has already wandered off onto something else, but that's okay. You will be surprised and delighted when you finally remember to open it.