



The Gift of Adult ADD: How to Transform Your Challenges and Build on Your Strengths

Lara Honos-Webb

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If you have attention deficit disorder (ADD), you may act impulsively, daydream, and have trouble focusing, but clinical studies suggest that these same symptoms may make you exceptionally creative, intuitive, and energetic. In fact, many people with ADD claim to have become successful because of their ADD, not in spite of it.

In **The Gift of Adult ADD**, Lara Honos-Webb adapts the revolutionary approach first introduced in the parenting book **The Gift of ADHD** to the lives of adults with ADD. Instead of focusing on your weaknesses, this book shows you how to transform symptoms into strengths to improve your relationships, job performance, parenting skills, and overall quality of life. You'll also read inspiring stories of real people with ADD who have become successful in part because of their ability to meet the challenges of ADD and make the most of its gifts.

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