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Adderall Blues



Synopsis

Adderall Blues is a catalyst for change in the educational system. This first person account of ADHD is among the only books to offer a non-clinical perspective of ADHD where we can all understand on a deeper level the blessing and the curse that is Attention Deficit Hyperactivity Disorder. Seen through the eyes of one of literature's most outlandish characters, a greater connection with those afflicted with the pathologically wondering mind society loves to label is felt and processed from an altogether different perspective. Observe as our main character trips over himself endlessly while succeeding uniquely in his own fashion. Does Brian conquer his supposed "disorder", and transcend the label, or fall into the self-esteem trap that so many others have succumbed to? Prepare to be entertained and most importantly, enlightened.

Book Information

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Customer Reviews

Adderall Blues captures what research and literature is lacking, the impact of ADHD on daily functioning and relationships. As a health care professional, much of the recent focus on ADHD is

geared toward the management of children and the parent perspective. Robinson gives a raw and honest look at what effect ADHD can have on an adult, and how this effects his day to day life, breaking down mainstream stereotypes. Robinson insightfully describes "The balance, and the truth, is that ADHD is both a gift and a disorder. If you think it's only one or the other, you are missing the big picture". Witty, humorous, intelligently written, the book keeps you wanting more. A must read for health care professionals working with individuals with ADHD, as well as for family and friends who that have someone in their lives with ADHD.

"Absolutely nothing the twenty-three years inside this head of mine had been the least bit ordinary." A 23-year-old man describes his life living through an ADHA diagnosis from the age of six years old-the blunt way. Through school, institutions and family issues, living with a mental illness is more than the eye can see. Brian learns to strive through his 'weaknesses' and develop a love for himself that only determination can bring. Mental disorders have changed drastically over the decades as they are not seen as disabilities or flaws. Nobody has to conform to societal standards to achieve in the real world- and that's just what Brian does. Read *Adderall Blues* by Brian J. Robinson to hear a real perspective on ADHD- a captivating story. "The most brilliant and unique minds also tend to be the most fragile." I love the straightforward approach to talking about a mental illness. Robinson gave a heartfelt read describing his experiences with the disorder and I believe this book is something everyone should read. As mental illnesses can be very life altering and endlessly exhausting, this book used humor, knowledge and understanding to bring the reader on the journey of a young person's mind during the disorder. The loved the power in the writer's voice as well as how genuine the read was. I found the perspective of the character to be as I was hearing a story from a friend and helping him along his journey. *Adderall Blues* by Brian J. Robinson is defiantly an educational and inspiring read as it focuses on the strengths rather than the flaws that come with every person. Mental illness or not, power is within all of us. Thank you to Brian J. Robinson for sending me a copy to review. It was a pleasure reading his story and finally reading a blunt perspective of ADHD.

Adderall Blues, is about a man's journey with ADHD. He writes of the effects it has on his relationships with people, school and work from young adolescence to adulthood. Through all his experiences, the author maintains an inner drive and strong belief in himself. And although ADHD can negatively impact his progress, he eventually learns how to use it to his advantage and

become successful. Having an auditory perceptual deficit myself, I can relate to some of the hurdles he had to encounter. Life is challenging, but he gives hope to those struggling. Additionally, I found his life encounters very entertaining. He brings so much energy and excitement to an average day. The world needs more of these animated, innovative thinkers. I highly recommend this book, it will change your preconceived notions about ADHD

As somebody that has "self diagnosed" himself with anxiety, OCD, and mood swing issues, to read about somebody else's struggles with a disorder, and how they deal with it, is inspiring. I think some things in life, even serious issues, need to have some humor to better deal with and understand them. Brian does this masterfully and if you, or anybody else you know, have personal experience with any type of mental disorder, this book is a can't miss. I promise you that much. Well done sir.

Creative and insightful inquiry into the author's manifold social and institutional encounters while growing up with ADHD. *Adderall Blues* provides a rich subjective account of Brian's experiences that were developmental in his self-understanding of the oft-misunderstood disorder. The reader gets a unfiltered and passionate journey of life through the eyes of a gifted writer and thinker. A great read that will allow the reader to transcend the tired anecdotes, myths and jargon surrounding ADHD.

I loved this book. The story itself is mesmerizing but the message of accepting his differences and conquering his insecurities is inspiring. His travels through adolescence to adulthood underline the struggle to be accepted. This is a first person account of living with ADHD, the obstacles faced and his ultimate control of the disorder.

Robinson's book will hit you. It makes you take notice. It is the story of a generation. I simply could not put this book down. Thoughtful, introspective, funny, heartbreaking and well crafted. Do yourself a favor and read this book!

Adderall Blues is the perfect inward dive into the peculiarities of one's own psyche, artfully depicted through the eyes of a craftsman who's been there and back. If you've felt a little "different" growing up, be prepared to go on a journey from cover to cover. Five stars.

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