

"A MUCH-NEEDED ADDITION TO THE ADD BOOKSHELF."

—John J. Ratey, M.D., coauthor of *Driven to Distraction* and *ADHD 2.0*

**YOU MEAN I'M NOT
LAZY, STUPID OR CRAZY?!**

**THE CLASSIC SELF-HELP
BOOK FOR ADULTS WITH
ATTENTION DEFICIT DISORDER**

**KATE KELLY AND
PEGGY RAMUNDO**

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**The Classic Self-Help Book for Adults
with Attention Deficit Disorder**

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Foreword by Ned Hallowell, M.D.

SCRIBNER
New York London Toronto Sydney

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*This book is dedicated to my partner and soul mate,
Paul Ravenscraft. He is the answer to a prayer for one who
shares my vision of life as a spiritual journey. Namaste, Paul.*

Kate Kelly

*I dedicate this book to:
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You have left this earthly plane and I miss you. Though I can't see
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Foreword

The title of this book alone would have made it a classic when it first came out, but that it also was a wonderful resource for people who had attention deficits sealed the deal.

You Mean I'm Not Lazy, Crazy, or Stupid?! now returns for a new run, updated, refurbished, face-lifted and spiffed up. The authors have applied their usual highly imaginative incantations to conjure up this new incarnation of their classic.

All who read this will learn. Many who do not read it will also learn because someone else will read it for them and tell them about the best parts. That will be a difficult decision because there are so many good parts.

What I like best is not any one part, but the attitude and tone of the book. Open, warm, honest and funny, this book welcomes the reader and never seeks to do anything but help and entertain. The authors are the salt of the earth: no baloney here, just real meat. They also have fabulous senses of humor. I guarantee you will laugh when you read this book. As well as learn. And maybe shed a tear or two.

I am happy to open the book with a few words of my own, but the authors do not need any introduction, as the book carries itself like a cork in a hurricane sea. Buoyant, unsinkable and bobbing along no matter what, this cork will continue to float for years to come.

I hope all who read it will come away filled with hope and enthusiasm, as well as knowledge, and strengthened with the resolve to build upon the talents that all people

with ADD naturally possess. The only real disabilities are fear, shame and the loss of hope. This book helps to restore hope, dispel fear and extinguish shame.

What a great gift, indeed.

Ned Hallowell, M.D.

Founder of the Hallowell
Center for Cognitive and
Emotional Health
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Introduction

ADD—Now and Then

It has been fifteen years since we began writing the original version of *You Mean I'm Not Lazy, Stupid or Crazy?! Back then, we were newly diagnosed and fired up with the awareness of the impact of ADD on our lives. It was a profound experience . . . something like a religious conversion, as a matter of fact. Complete with the intense zeal displayed by missionaries. We saw the light. ADD was the root of all our life problems . . . finally they had a name. We saw ADD everywhere and set about trying to convert (or at least enlighten) everyone in our paths. In fact, it took years to develop the finesse necessary to send a message that would actually be heard. Nobody likes the hard sell. ADD enthusiasm is great, but we get better results when we're aware of our energy levels—too much force and the audience is literally propelled in the opposite direction.*

In 1990, almost no one had heard of ADD in adulthood. The common wisdom then was that kids outgrew it sometime during puberty. Very few girls were diagnosed, mostly because the female version of ADD tends to be much quieter than that of the classic hyperactive boy. Boys with the inattentive type of ADD were also overlooked.

A year later, with a rough first draft of the book completed, we sent a number of queries to publishing houses, both major and minor. None of them were interested in buying it. Some of the rejection notices were merely form letters . . . thanks, but no thanks. A few contained personal notes. All of them, however, sent the message that they didn't think there was enough of a market for a book on ADD adults. We thought they had to be kidding . . . didn't they see all the ADD around them the way we did? We knew even then