



# ADHD and Me: What I Learned from Lighting Fires at the Dinner Table

*Blake E. S. Taylor*

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Blake Taylor's mother first suspected he had ADHD when he, at only three years of age, tried to push his infant sister in her carrier off the kitchen table. As time went by, Blake developed a reputation for being hyperactive and impulsive. He launched rockets (accidentally) into neighbor's swimming pools and set off alarms in museums. Blake was diagnosed formally with ADHD when he was five years old. In **ADHD and Me**, he tells about the next twelve years as he learns to live with both the good and bad sides of life with ADHD.

Blake's memoir offers, for the first time, a young person's account of what it's like to live and grow up with this common condition. Join Blake as he foils bullies, confronts unfair teachers, struggles with distraction and disorganization on exams, and goes sailing out-of-bounds and ends up with a boatload of spiders. It will be an inspiration and companion to the thousands of others like him who must find a way to thrive with a different perspective than many of us. The book features an introduction by psychologist Lara Honos-Webb, author of *The Gift of ADHD*, and a leading advocate for kids with ADHD.

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