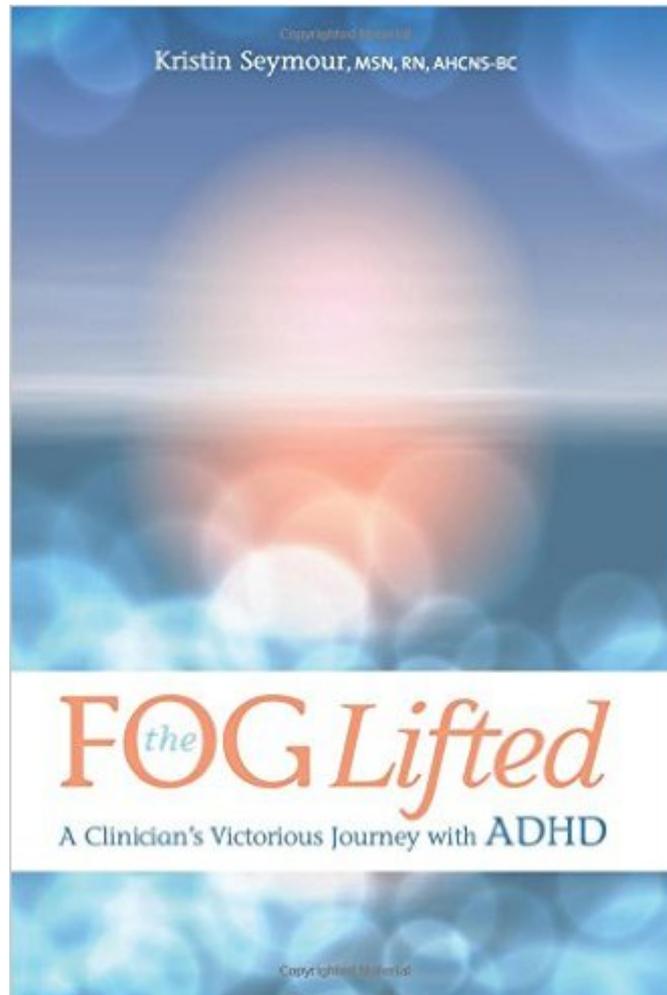


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# The Fog Lifted A Clinician's Victorious Journey With ADHD



## Synopsis

This book is a reflection of what it feels like to live with ADHD. Itâ™s about overcoming obstacles and accomplishing goals, finding personal and professional success, and ultimately true self-love. Itâ™s about learning to live with ADHD without relying solely on medication, and discovering that ADHD can actually be one of your biggest assets! Endorsed by physicians and educators, this book is an inspiring resource for parents, educators, students, therapists â” anyone affected by ADD/ADHD. Proceeds of this book will be donated to the special school district of Missouri.

## Book Information

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Best Sellers Rank: #518,459 in Books (See Top 100 in Books) #19 inÂ Books > Parenting & Relationships > Special Needs > Hyperactivity #549 inÂ Books > Parenting & Relationships > Special Needs > Disabilities

## Customer Reviews

The Fog Lifted is a must read for educators who work with students with ADD or ADHD. Seymour's book provides an honest portrayal of the internal struggles and demands of living with these conditions. When parents, teachers and the medical community work together as a team, they can provide the student with an invaluable learning program. Seymour is a testament as to how one can overcome obstacles and achieve their lifelong dreams. Laura K. Bartels

This book gives a phenomenal understanding of what it's like to actually live with ADHD. It is clear that although medications are part of the solution, the majority of her success came from within. Kristin speaks of the personal effort that went into her success. She listened to herself, and did not give up on her dreams and desires and went for it without looking back and without anyone telling her no! She did not let anything or anyone stop her from moving forward and did not let her past dictate her future. So many people could easily let insecurities and low self-esteem from childhood

experiences stop them from believing they could do anything better, and the fact that Kristin held onto that internal drive and determination to follow her dreams is both impressive and admirable! This book will not only be a great resource for parents or others who have a diagnosis or know someone suffering from ADHD, but is an inspiration for those of us who do not believe in our dreams due to the self doubt we tell ourselves! Her positivity is contagious!

As a fellow ADD'r, I know the fog of which Kristin speaks. You either daydream all day, or you focus on how unintelligent you think you are because you can't do what the other kids can do, mentally. This book blows the lid off stereotypes, off of the "not applying enough effort" stigma that is labeled on so many children. This book is an absolute game-changer. Do yourself a favor and glean every bit of insight that you can from this wonderful story, and shockingly quick read. I learned so much in such a short time, and I'm a better person because of it. I will no longer be in the fog, nor will I question my ability, ever again. Thank you, Kristin!

What a wonderful resource this book is for anyone with ADD or ADHD and also for the families and friends. With humor and pathos, Kristin Seymour courageously lays out her own struggles and offers a wealth of practical information about the diagnosis and treatment of ADD and ADHD. This treasure of a book is not just for parents of children with these problems. It is also an enlightening resource for adults who have struggled with ADD and ADHD without really understanding why they had (or continue to have) such a hard time with some aspects of school and life. Brava, Kristin, and thank you for this treasure!

This book demonstrates how with persistence, the right team ( family, friends, doctors), and with a positive attitude, that the Fog can be lifted. As a community we need to understand the amazing potential and promise that children and adults with ADHD have within them. We need to help them uncover that potential and self confidence. As an Occupational Therapist working with both children and adults with ADHD, I appreciate Kristin's authentic story. I have learned a great deal from this book, and I believe others will as well. Joy Garton MS, OTR/L

I truly admire and appreciate the honesty portrayed in this book. It means so much for all who struggle with ADD or ADHD to hear about the journey from the perspective of someone who also functions in a clinical role. This book provides optimism, which is so important when adequate mental health support continues to be such an issue in society. "Stephanie Hess, MD,

Boulder Community Health, Senior Clinical Instructor, University of Colorado Health

This book helped me understand ADHD and my brother so much better than anything else I have ever read. My brother has ADHD and growing up I never really understand why he would sometimes behave the way he did and now I GET IT - finally! Such a great resource for anyone who has ever been touched by ADHD. The author really knocks it out of the park w her personal journey and proves that ADHD isn't an obstacle if managed correctly. Great read!

Anyone with ADHD, and their families, must read this book. Seymour's first hand insight into the challenges ADHD presents, allows the reader to understand life from the perspective of those who are affected. From a young age she was keenly intuitive about her strengths and weaknesses, and she candidly shares her path through difficult times and into success. There are many lessons to learn from Seymour, about self awareness, self acceptance, and determination. Her story is an inspiring reminder that victory is hard, but victory can be won.

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