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KIDS' AREA

Good Stuff About ADHD!

Peter Jaksa, Ph.D.a



Having ADHD is not such a bad thing if you know how to take care of it. But what many people don't know is, having ADHD can also be a very GOOD thing! How is that? Well for one thing, many people with ADHD are very creative people. They are good at thinking about new and exciting things, and sometimes come up with new inventions.

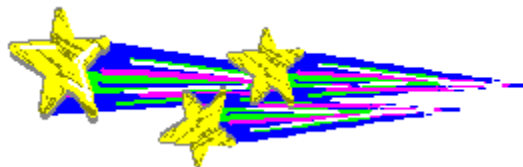
Many experts believe that Thomas Edison had ADHD, and he was the greatest inventor of all time. Many famous writers, artists, actors, and musicians also had ADHD, which helped them to be more creative. Some of your favorite musicians, actors, and sports stars probably have ADHD too. The best known athlete with ADHD is Olympic swimmer Michael Phelps.



Many people with ADHD are very nice, loving people. They have a big heart! Many kids and adults with ADHD have lots of energy and are fun to be with! They like to try new and exciting things. Many people are good at thinking fast, and have a very good sense of humor. In other words, people with ADHD can just be lots of fun to be with!



Some people with ADHD are very popular and make friends easily. It's important not to get too bossy or hyper with other kids though, because that can make them mad at you. Many kids with ADHD are very good at sports and other physical activities. Many adults with ADHD are good at sports too.

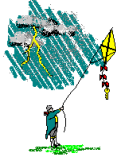









Famous People Who We Think Had ADHD (Based on their history)

Thomas Edison



The most famous inventor in history; had 1093

Benjamin Franklin	 <p>Great statesman who helped found our country</p>
Leonardo da Vinci	 <p>Incredibly creative artist and inventor</p>
Albert Einstein	 <p>Brilliant scientist and mathematician</p>
Alexander the Great	 <p>Easily bored and restless; conquered the world</p>
Vincent Van Gogh	 <p>Great painter, sometimes impulsive</p>
Ernest Hemingway	 <p>Famous novelist & adventurer</p>

Wolfgang Amadeus Mozart	 <p>Brilliant composer and musician</p>
Babe Ruth	 <p>Legendary baseball player</p>

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About The Author

Peter Jaksa, Ph.D., is a licensed clinical psychologist with over 30 years' experience working with children, adolescents, and adults with ADHD. Dr. Jaksa is the author of numerous articles and columns about ADHD, including articles published in **ADDitude Magazine**, **Attention Magazine**, **Organize Magazine**, and **FOCUS**. He has provided interviews to national publications and news organizations including the **Wall Street Journal**, **CNN**, **U.S. News & World Report**, **Chicago Tribune**, and **Men's Health Magazine**. He has presented at national conferences to health care professionals, educators, and the general public. Dr. Jaksa is a contributing writer for **ADDitude Magazine** and a member of the Scientific Advisory Board. He is the author of *Life With ADHD* and co-author of *Real People, Real ADHD*.