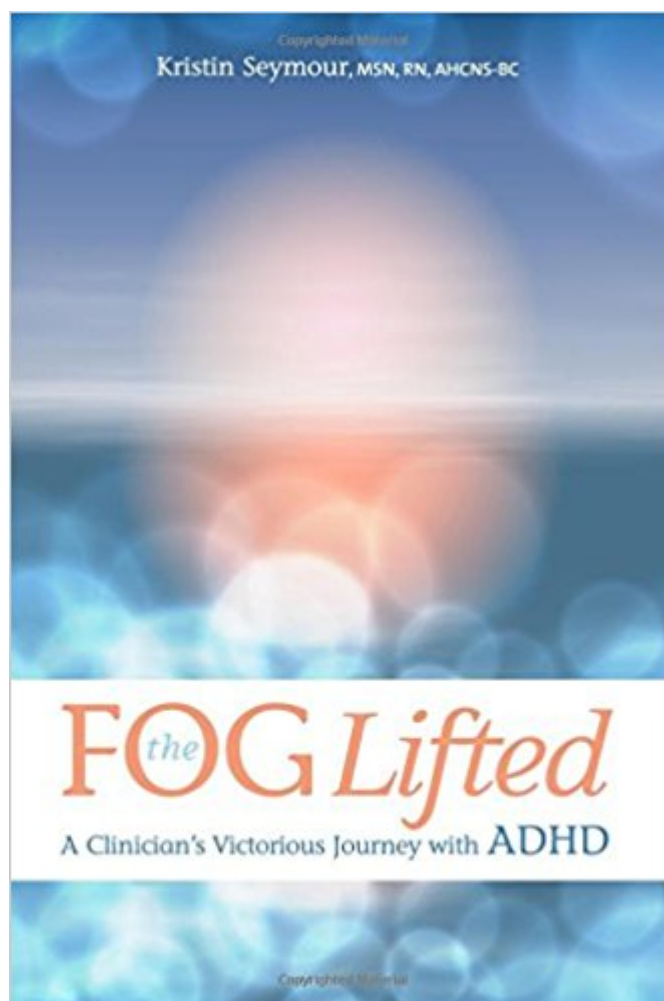


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The Fog Lifted A Clinician's Victorious Journey With ADHD



Synopsis

This book is a reflection of what it feels like to live with ADHD. It's about overcoming obstacles and accomplishing goals, finding personal and professional success, and ultimately true self-love. It'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 • anyone affected by ADD/ADHD. Proceeds of this book will be donated to the special school district of Missouri.

Book Information

Paperback: 194 pages

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Best Sellers Rank: #390,636 in Books (See Top 100 in Books) #14 in Books > Parenting & Relationships > Special Needs > Hyperactivity #430 in Books > Parenting & Relationships > Special Needs > Disabilities

Customer Reviews

Kristin Seymour, MSN, RN, AHCNS is a board certified Adult Health Clinical Nurse Specialist with ADHD. Kristin consults with parents of children with ADHD, principals, and peers to discuss diagnostic processes and factors needed for success. Kristin currently works as a Clinical Nurse Specialist with the Heart & Vascular Center at Barnes- Jewish Hospital in St. Louis, Missouri. She is an active member at the state level with the Missouri Time Critical Diagnosis (TCD) legislation implementation and education. Kristin is a member of the American College of Cardiology (ACC). Kristin has been a professional national speaker for Johnson & Johnson's cardiology speaker bureau since 2003.

I read this book as a clinician working with mainly children with ADHD. I was astounded by the author's candid and generous glimpse into her journey with ADHD. It provided perspective as to

what the world might look like for kiddos who are struggling with this diagnosis. More importantly, however, it reframed this disorder. It becomes a strength that when harnessed and properly treated. With the help of Fog Lifted, those with ADHD can begin to examine their own self worth rather than perceiving themselves as "bad kids" or "trouble makers." Ms. Seymour's conversation with the reader sheds light and gives hope to caregivers, parents, teachers, and clinicians. Hers is a multidisciplinary approach; medication combined with consistency, catching them doing the right thing, positive reinforcement, and plenty of physical activity is only part of the recipe for these kids' success! I admire anyone who can come forward and share their whole selves, warts and all. It takes courage to reveal our failures and wisdom to be able to reflect on what was learned. Thank you Kristin for this gift!!

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.

I have know Kristin for many,many years, and I am impressed with both her bravery and honesty in writing this book. It has given me new insight into both Kristin and the plight of others with ADHD. It should be required reading for all educators. Congratulations Kristin on a job well done.

It is such an easy read. Even though it is not an easy subject it is presented in such a comfortable way. This book is for everyone! It is not just about ADHD; it is about family support, decisions and consequences. I loved the honesty. I enjoyed the humor. I pondered on the quotes.

LOVE IT Actually purchased 2 others to share with friends. Amazingly insightful ! Truly helps you see through the eyes of someone with ADHD & the people whom share their journey. WELL DONE!!!

An amazing, inspirational, informative book that OFFERS HOPE to parents and families affected by ADHD. The honest portrayal of real life experiences helped us better understand our son and his struggles. It is a great resource with great insight that can help so many people!

So well written . It will definitely be helpful! I'm going to share it with others !

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!

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