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## Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain

By Peter Shankman

TarcherPerigee. Paperback. Condition: New. 256 pages. Dimensions: 8.2in. x 5.5in. x 0.6in. A refreshingly practical and honest guide that rewrites the script on ADHD. Peter Shankman is a busy guy -- a media entrepreneur who runs several businesses, gives keynote speeches around the world, hosts a popular podcast, runs marathons and Iron Mans, is a licensed skydiver, dabbles in angel investing, and is loving father to his young daughter. Simply put, he always seems to have more than 24 hours in a day. How does he do it? Peter attributes his unusually high energy level and extreme productivity to his ADHD. In *Faster Than Normal*, Shankman shares his hard-won insights and daily hacks for making ADHD a secret weapon for living a full and deeply satisfying life. Both inspiring and practical, the book presents life rules, best practices, and simple but powerful ways to: Harness your creative energy to generate and execute your ideas. Direct your hyperfocus to get things done. Identify your pitfalls--and avoid them. Streamline your daily routine to eliminate distractions. Use apps and other tech innovations to free up your time and energy. Filled with ingenious hacks and supportive self-care advice, this is the positive, practical book the ADHD community has long needed --...

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