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Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain Peter Shankman (Author, Narrator), Bernie Wagenblast (Narrator), Edward Hallowell - foreword (Author)

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Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain. By Peter Shankman, Edward Hallowell (Foreword by TarcherPerigee, 9780143131229, 256pp. Publication Date: October 3, 2017. Other Editions of This Title: Digital Audiobook (10/2/2017)

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*Faster Than Normal: Turbocharge Your Focus, Productivity ...*

In fact, Shankman calls ADHD a “gift” in his eye-opening new book with a mouthful of a title, *Faster Than Normal: Turbocharge Your Focus, Productivity, and Success With the Secrets of the ADHD...*

*Adult ADHD: A Gift for Your Work and Your Life*

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*Peter Shankman - How can I help you today?*

His new book is *Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain*. In this episode Peter talks with Erik on proactively setting up boundaries to limit the choices we have, and how that leads to freedom and to focus. Mentioned in this episode: Formstack Faster Than Normal Podcast Forest App

*Beyond the To-Do List: Choices:*

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*Peter Shankman on...*

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In Faster Than Normal, Shankman

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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

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