



**PETER
SHANKMAN**

FASTER THAN NORMAL

TURBOCHARGE

**YOUR FOCUS, PRODUCTIVITY,
AND SUCCESS WITH THE**

SECRETS OF THE ADHD BRAIN

FOREWORD BY EDWARD HALLOWELL, MD, BESTSELLING COAUTHOR OF DRIVEN TO DISTRACTION

Peter Shankman

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



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A refreshingly practical and honest guide that rewrites the script on ADHD. Peter Shankman is a busy man -- a media entrepreneur who runs several businesses, provides keynote speeches all over the world, hosts a favorite podcast, runs marathons and Iron Mans, is an authorized skydiver, dabbles in angel investing, and is loving father to his young girl. Simply put, he always seems to have more than 24 hours per day. How will 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 top secret weapon for living a complete and deeply satisfying life. Both inspiring and practical, the reserve presents life rules, best practices, and simple but powerful ways to:

- Harness your innovative energy to create and execute your ideas
- Direct your hyperfocus to obtain things completed without crashing...
- Recognize your pitfalls--and prevent them
- Streamline your day to day routine to eliminate distractions
- Use apps and additional tech innovations to release your time and energy

Filled with ingenious hacks and supportive self-care assistance, this is the positive, useful book the ADHD community has long needed - and can be an invaluable handbook for anybody who's sick of feeling overwhelmed and wants to drive their faster-than-normal mind at maximum speed.



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openletter & Wondering read pertaining to adults with ADHD This book offers unique, usable recommendations in a digestible format. I'm sure a lot of your readers including yourself could relate with this but I'm on an unlimited pursuit to better myself. My issue was getting up and falling asleep before midnight. School is normally where I struggled the most with the typical symptoms so I made a decision to poke around - I always understood I was wired in a different way. I was diagnosed just before engaging in college. You execute a great job of connecting these right into a higher, overarching idea. I also shed all my imagination. My sister remarked I was zombie-like and lost my personality. So, I switched my cheek to the complete concept and began doing my own experimentation to boost myself. I cannot sit still long enough to read a book, that one has my attention and I cannot put it down. Junior year college, I co-founded my own business with a pal. That business was in the house loans space (yeah, I understand).. The experience gained from this business coupled with my history in Computer Technology, Mathematics, and Economics landed me employment on a trading table as a Desk Strat (Quant). In this industry, it was a favorite thing: In the event that you didn't possess ADHD, you're toast! All top performers acquired the symptoms and they were extremely popular. He talks about the benefits of understanding your own human brain better and repeatedly emphasized "people are wired very in different ways," and the innovative type want the most discipline. During the trip of self-improvement, disciplining myself, etc. I got wind of Cal Newport's series. I was extremely compelled to write all this for you so I definitely found it much more on the insightful part. That's when I first heard about your capability to dial-in on airplanes (examine this about 2-3 years ago). Recently, I browse Ray Dalio's new book : Concepts. Fast forward to right now, I business lead a Data Science group in Tech. Therefore in efforts to comprehend my strengths and weakness, I turned back again to ADHD. (Incidentally, Ray's description of a "Shaper" is quite like the strengths you explained on pg. But when I obtain my new job (hopefully quickly) I'll provide this a shot. And I trust Peter - he might have ADHD, but he's a person who can write an entire book on an 18-hour trip. Newark is much much less crowded. Peter is fun to learn, and it's really so refreshing to strategy my ADD seeing that a superpower to end up being channeled, no problem to end up being managed. The high you referred to after/during presentations, I experience a similar feeling - earlier this friday actually gave one to the entire organization.! I stumbled across a Forbes interview of Peter Shankman last week... it's totally riveting. Sure, most of us can't skydive and chill or fly to Tokyo just to write a book *cue vision roll* but we certainly all develop weird coping mechanisms. So, while he didn't portray ADHD as pejorative, he didn't fully sell the thought of it as a benefit. Though, I do well at my job, I've had repeatedly problems with coworkers and bosses (not absolutely all simply 2). I've repeatedly been deemed

talented but hard / unmanageable and it's not my intention to be difficult, but it's my unique methods which got me in to the "talented" category to begin with. Similar what you pointed out on pg 39. Anders Ericsson, in his publication Peak mentions, likens mastering a craft to summiting a mountain: You could either spend a while racking your brains on the path to the top or have a Sherpa demonstrate just how. So envisioning your tales were quite easy. The Squirrel references for essential insights.. Firstly excellent analogy. My friends joke about how my dog and I have equivalent personalities but most state I'm very animated and cartoon character-like which bodes well for presentations, now that I believe of it. What distinguishes this publication from others. Obviously it didn't last too long but luckily I was smart enough to hedge with college. Also, the author possibly has more than simply ADHD. At the very least, after I started my initial dosage (Dexedrine) 6-8 months in, I almost failed all my classes. Which insights did I extract? I didn't read the book so much for the hacks. To your stage, with ADHD we're either on one end of the spectrum or the additional, we live on the extremes and I needed to ensure I was on the proper side. The WiFi light bulbs in conjunction with the REM Alarm app on my mobile phone help SO MUCH! Shankman writes from his own personal experience and along with his disarming design of self-deprecation. As for falling asleep my lamps are triggered to dim into this Amber tone by 9pm. I know health & EWR rather than JFK Though, I'm sure it wasn't your purpose by mentioning which airport you frequented nonetheless it made me issue why I leave from JFK so often. Things I could relate to. Is certainly that why you prefer it? Appears to be nearly the same commute time.- Double up on outdoor activities Couldn't agree more with this. The services industry is large out here. How fast did we read it relatively speaking? For example, If I want to take my mind off something stressful, washing or doing something else engaging helps me disconnect. 13) As we were browsing through books ADHD, I came across quite a couple of but the two I purchased was yours and Driven to Distraction. For the present time, I've formed this into a Sunday habit. The complete scenario of somebody he cares about not really picking up a mobile phone when he telephone calls and he sends them a contact that they are a horrible person is more akin to borderline character disorder. Not in spite of it, but because of it.- Dedication to researching digital efficiency hacks So far I actually've mined a bunch of good stuff from your publication but as the world evolves, I need to start a habit of it.- Decluttering I understand you're a significant (pg 139) proponent of outsourcing, however I feel it comes with some bias of being a Manhattanite. Amazing, inspiring, complicated, life-changing book. Was information tailored to people with ADHD? It's just nice to know I'm not alone and that Advertisement(H)D appears different on everyone. Certainly on decluttering and exercise. It automatically makes me sleepy. business/planning is emphasized in most material on productivity,

however I believe this impacts people ADHD doubly, I can attest from my own experience. I live in Manhattan as well! you need to read this book! Trivial to insightful ratio? I've been an enormous advocate of his function since: Read 3 of his books, took one of his courses, read countless blog posts, and participated in one of his experiments so far. He reminds us on how to deal with such behavior: At the end of the day you can't control other people's actions, but you can only control your very own and you should have the courage to end up being yourself despite what others think. On the main one hand, the reserve is well written for an ADHD viewers, because he loudly claims "Squirrel" to alert the reader's/listener's focus on content that's extra essential. What I liked most was how well I possibly could relate with you, that's an integral distinction from any additional publication I've read. Since being identified as having ADHD as a grad student in 1995, I have read A WHOLE LOT of books on ADHD. If it's insightful great! whether it's trivial, use this as reaffirmation. I think of it kind of doing a math problem and looking at the solutions set just to instill self-confidence on your strategy. I stopped taking my ADHD medication when I was pregnant and discovered I enjoyed having my imagination back and the get to start my own business. I experienced tried it once when I was unemployed, though it was effective halted because I got employment and it's awkward to search out remote areas of a building to do burst exercises.! I've also discovered some satisfaction in doing items myself.- Stuff I discover helpful in my routine- Meditation Vipassana- Exercise, leaning a little more on the cardio end- Preparation & I read it quicker than any self-improvement reserve I own and I've at least ~20. Arranging at the hour-level- Routines & Habits- Nearly a paleolithic diet- Reading & When this publication was announced, I snapped it up. Did it blow me away? Figure out how to drive that Lamborghini of a brain you have! I've adopted Peter's podcast for approximately a year after finding him while looking for something to hear while on the plane. It's unreal how very similar our brains function, the many stories of his everyday lifestyle scenarios and how he provides dealt with them. Truly on the same page. Composing- Timer cube for time deterministic jobs like cleaning My favorite area of the book Often times being as different may lead to poor treatment and/or being ostracized. Wonderful read for anyone, not just people that have ADHD Lots of actionable guidelines and tools, in addition reminders intermittently to get up and move around get some good water. Many thanks Peter! In college, even though I didn't get the best grades, I got a strong entrepreneurial drive starting from elementary school. Easy and extremely informative read Fun and antidotal with many actions items anyone can implement to have measurable outcomes!! What puts this name at the top of my "must-read" books are the practical tools Shankman suggests as well as the necessary reframing that must happen in order to leverage my brain's distinctions and make sure they are work for me

personally instead of against me.!Putting phrases, experience, rules, and sense to what I have dealt with over my life time, I wish I would have found this sooner. If you, your partner, children or family members have ADD/ADHD, become familiar with what they cannot tell you about how their brains function. Buy this reserve and listen to what Peter is letting you know regardless if you have Put or not. You will gain amount of time in the day you under no circumstances thought you had. I'm hoping to improve my life and really live my entire life faster than normal! ADHD can be a gift! But your focus on it re-ensured, it was worth the price. (I also happen to be proficient at presentations) I in fact wrote this soon after it: It's an incredible rush, from the nerves before it and to later on when everyone's high fiving you and giving "Good job! You just want to learn how to use it Received the book one day ahead of launch, sat down, and completed it in one sitting. Further, remaining up all night on a plane to write a book or going from a messy space to cleaning it completely and doing the complete family's laundry very quickly sounds similar to the disparate energy that are located in people that have mania, which would be a sign of bipolar disorder. All I find in my daughter is usually brilliance - she's such as a poet when she speaks, and she gets bored when BORING duties or topics are placed before her. I obtain her, but I wanted to end up being armed with the reality. Thank you because of this book, Peter! Incredible!. basically becoming a more effective person. On Faster, the evaluations had been solid and I recognized your name and it was latest. He has mastered concentrate! Great advice to those with ADHD, those who live with people with ADHD, anyone who has kids with ADHD. A bonus: I actually don't have ADHD, but I even now came aside with some exceptional tips on getting in shape, getting organized . Prepare to Rethink Everything You Thought About ADHD Reading "Faster Than Regular" is similar to having a really long conversation with a good friend. A pal who actually "gets you" and values your challenges as what makes you unique. One of my favorite authors Mark Manson puts it in this manner: Since this publication is comprehensive, you'll find information that's either trivial or insightful.! That is something I've been battling for virtually my life. He's experienced the same trenches and understands how hard one must work to reach your goals with ADHD.- Sporadic Burst Exercises Has been a proven successful so far - an instant boost. Highly recommended for anyone who's ever been overwhelmed by a calendar." handshakes, asking a great deal of questions. I've hardly ever purchased a publication this fast in my own life.. Yep.. It's the same feeling I obtain from extreme sports which high last for hours.- Early rises (5a) but I go right to function (90 mins) - meditate - fitness center - workplace I can't begin to let you know how much this has positively impacted my life. Books are my source of dopamine, and I read even more self-help and business books than is usually healthful (although I'm a writer and editor, too, like Jennifer Harshman on his FTN podcast). Thanks Peter! Yes, I'd definitely

say so. Strongly suggested for anybody who's ever been overwhelmed simply by a calendar. Squirrel! Provide it go you have nothing to loose!. For individuals who are like us ADHDers and evreyone else who isnt. Even in the frigid winters within NYC, I'll find enough layers to go working along the Hudson on the way to Chelsea Piers every morning.!. I proceeded to download the entire backlog of his podcast and then went back to complete the article because I acquired 9 tabs open up in Chrome and just got thoroughly sidetracked. You sir, are the ADHD Sherpa. Insightful and Helpful Yes, should you have ADHD, this book can be helpful. I understand the tricks and the strategies, but I really enjoyed reading his book and listening to his podcast.!. Essentially, it provides validation for the encounters of ADHD people along with tools for how to manage it. No (because I read so many self-help books currently) , but close enough. On the other hand, he keeps discussing ADHD as a gift, yet discusses all of the methods it causes complications for him and ways to counter it. I've been diagnosed around three separate moments with ADHD. Idea leadership and advice materials is often supplied as a disparate set of facts.- Hot control keys Once you brought this up, this helped me identify specifically how about my boss drives me personally up the wall structure. As the parent of a child who some have surmised may have ADHD, I needed to comprehend more about it. Five Stars It has many simple ideas to make your daily life more fulfilling. review to Peter 2/27/18 What turned me to this book? Good book ! The author celebrates the awesome gifts that include having a faster than normal brain, while offering ways to mitigate the blunders most of us tend to face. Could of been much longer, however non-etheless great book to read again. Author was on point with everything said no fluff at all simply pure education on people who have AHD and solutions to use to use it to its benefit. Eager to discover ways to use my "superpower", the life hacks he outlines are simple and easy to implement. I found this frequently to be the case, for instance, I wasn't sure about sporadically training during the day. Ive on the other hand been looking for tools I can use to make use of my superpower in my own business and this book is now at the top of my list. Plus, you might read how Peter can be reachable on social media and may not really believe it, but he's! I tagged him on Instagram and within hours, he responded! Loved this book!! This book is crucial have for someone you understand who has ADHD or for someone you know who's loved one battles ADHD. An eye opener! Easy reading, pleasant, funny, couldn't put it down, and like the SQUIRREL tips.



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