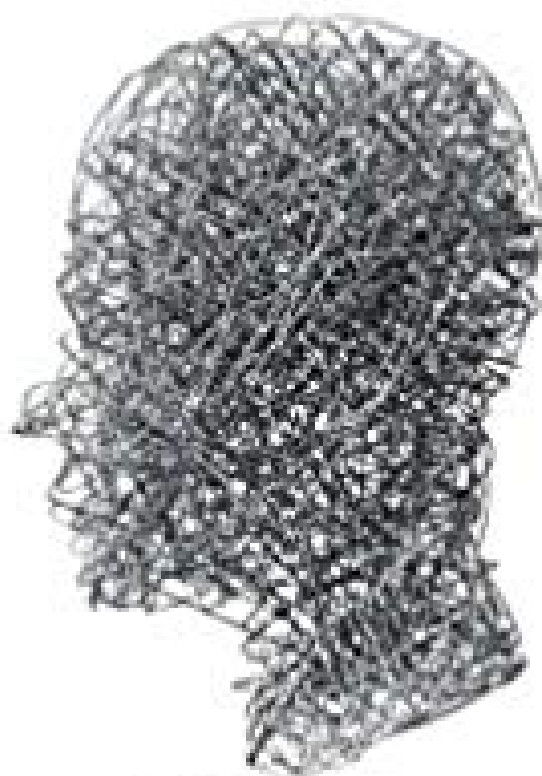


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"Saltz's careful research bolsters her argument that every brain is different, and that achievement has to do with harnessing what's there more than with trying to reshape it . . . Insightful."—Andrew Solomon, bestselling author of *Far from the Tree*



# The Power of **DIFFERENT**

The Link Between  
Disorder and Genius

GAIL SALTZ, M.D.

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Gail Saltz M.D.

## The Power of Different: The Link Between Disorder and Genius



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A robust and inspiring study of the connection between the potential for great skill and conditions commonly thought to be “disabilities,” revealing the way the source of our struggles could possibly be the origin of our very best strengths. Saltz shows the way the very conditions that cause visitors to experience problems at school, in sociable situations, at home, or at the job, are inextricably bound to creative, disciplinary, artistic, empathetic, and cognitive abilities. In *The Power of Different*, psychiatrist and bestselling author Gail Saltz examines the latest scientific discoveries, profiles popular geniuses who have been diagnosed with all types of brain “problems”—including learning disabilities, ADD, anxiety, Depression, Bipolar disorder, schizophrenia, and Autism—and tells the tales of lay people to demonstrate how specific deficits using areas of the brain are directly associated with the potential for great skill. In this pioneering function, readers will see engaging scientific study and stories from historical geniuses and everyday individuals who have not only made the the majority of their conditions, but who have flourished due to them. They are leaning to their brain distinctions to: \*Identify areas of interest and knowledge \*Develop function arounds \*Create the conditions that best foster their talents \*Forge rewarding interpersonal associations Enlightening and inspiring, *The Power of Different* proves that the unique wiring of each brain could be a way to obtain strength and efficiency, and contributes to the richness of our world.



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Excellent!! Excellent read!.. I may never find myself at ease, but I do experience understood and useful when I examine this reserve. I'm 69 and diagnosed recently as having a "learning disorder". When I got over finally discovering what's "wrong" with me, Personally i think depressed and a bit hopeless; all that transformed with this book.. Awesome book. Five Stars I could not wait for this book. Many thanks Gail Saltz for composing a publication about us that is easy to comprehend from a scientific perspective. I now think that I can as well unleash my genius. I have been depressed, anxious, ashamed of myself and overwhelmed by my inability to squeeze in all of my life. The moments between something tangible emerging, when I am !. Take with ocean of salt. Many people will never understand how exhausting it can be to work hard on oneself therefore they could one day fit in but can never quite get it right. This publication gives me an alternative reality where Personally i think I am a strength not a weakness. Whether you have already been diagnosed or not, if you have often felt "different" this publication is amazing. It helped immensely, it offered such a positive perspective and has not only changed my considering but also his too. Thank you Gail. but the best message is that society needs to quit the stigma . Saltz's examples of actual individuals and their struggles were powerful and educational.. Totally the most readable account of mental differences I've ever experienced. Dr.. As somebody with a sister who offers bipolar disorder, her explanations had been invaluable. I think everyone will recognize someone they know in this book, however the greatest message is that society needs to stop the stigma and understand most of us have differences and presents. Excellent book!! Great read!! Each brain is different Excellent read. Each brain is different. It would be great if everyone understood this and understood ways to get along with those who think and work in different ways. I love just how it got me to believe. Big takeaways include: healthful habits are even more important with brain variations, 80/20 rule, and just having my eye opened to how children with brain variations feel and think. I browse this to better understand my grandson and his life I read this to better understand my grandson and his life. After 54 years of loving my talents and hating my character that's something special. This was not a waste- love this book- very helpful This book is quite helpful and it's current. There are various topics covered and there are true strategies offered. This is not a waste- like this book- very helpful Bought one for every of my children and for my . Inaccurate There is absolutely no science behind this. It is uplifting and supportive of these of us who "think differently". Bought one for each of my children and for my hubby.. Refreshing and interesting. Excellent Really appreciate this book.. A must read! She picked and chosen what she wished to hear.! Very insightful.. An interesting take on getting different. Great read! It explains within an authoritative method, how and just why our brains are wired unlike neurotypical types and points out how that may be a good matter. I bought it to understand how my . Essential read for teachers and anyone who works with creative people.. Awesome book. I bought it to understand how my child's mind works. I finished up learning a lot about myself in the process. After all, my child got his characteristics from somewhere! :) It was very well divided and used excellent examples and anecdotes.. A must go through for all educators, parents of college students with learning differences and anyone that interacts with youth of all age range. She overlooks a huuuuuge amount of work. The moments between something tangible emerging, when I am rewarded for my deep creativity, analytical insights and sensitivity, feel socially someplace among awkward, humiliating and terrifying. After years of teachers, parents and friends criticisms, judgements, and frustration, my self esteem was very low.



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