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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

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Faster Than Normal - Turbocharge Your Focus, Productivity ...

Faster Than Normal (Paperback) 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)

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

In fact, Shankman calls ADHD a “ gift ” in his eye-opening new

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book with a mouthful of a title, Faster Than Normal: Turbocharge Your Focus, Productivity, and Success With the Secrets of the ADHD Brain

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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: Peter Shankman on ...
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