

29 Positive Aspects of ADD

(This information obtained from the Dr. Lynn Weiss ADD Center for Adults and Teens,
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1. Sensitive
2. Empathetic with the feelings of others
3. Feels things deeply
4. Creative in nature (incl: in problem solving)
5. Inventive
6. Often sees things from a unique perspective
7. Great at finding things that are lost (incl: money on the ground or people in a crowd)
8. Perpetually acute
9. Stand-up comic
10. Spontaneous
11. Fun
12. Energetic
13. Open and un-secretive
14. Eager for acceptance and willing to work for it
15. Responsive to positive reinforcement
16. Doesn't harbor resentment
17. More likely to do things because they want to than because they should, thus wholehearted in efforts
18. Difficult to fool
19. Looks past surface appearance to the core of people, situations, and issues
20. Down to earth

21. Good networker
22. Sees unique relationships between people and things
23. Cross disciplinary and interdisciplinary
24. Less likely to get in a rut or go stale
25. Original, with a sense of humor
26. Observant
27. Loyal
28. Intense when interested in something
29. Quick if they like what they are doing

Famous People with ADD/LD

With Perseverance They made It -- So Can You

Hans Christian Anderson	Handel	Rodin
Ann Bancroft	Stephen Hawkins	Eleanor Roosevelt
Beethoven	Ernest and Mariel Hemmingway	Pete Rose
Harry Belafonte	William Randolph Hearst	Babe Ruth
Alexander Graham Bell	Dustin Hoffman	Nolan Ryan
Gregory Boyington	Bruce Jenner	Anwar Sadat
Wright Brothers	"Magic" Johnson	Pierre Salinger
Sir Richard Francis Burton	Michael Jordon	Charles Schwab
George Bush's Children	John F. Kennedy	George C. Scott
Admiral Richard Byrd	Robert Kennedy	George Bernard Shaw
Thomas Carlyle	Jason Kidd	Tom Smothers
Andrew Carnegie	John Lennon	Socrates

Lewis Carroll	Carl Lewis	Suzanne Somers
Prince Charles	Abraham Lincoln	Sylvester Stallone
Cher	Greg Louganis	Jackie Stewart
Agathie Christie	James Clerk Maxwell	James Stewart
Winston Churchill	Steve McQueen	Thomas Thoreau
John Corcoran	Mozart	Henry David Thoreau
Tom Cruise	David H. Murdock	Leo Tolstoy
Leonardo da Vinci	Napoleon	Alberto Tomba
Salvador Dali	Nasser	Van Gogh
Walt Disney	Isaac Newton	Russell Varian
Thomas Edison	Jack Nicholson	Jules Verne
Albert Einstein	Nostradamus	Werner von Braun
Dwight D. Eisenhower	Luci Baines Johnson Nugent	Lindsay Wagner
Michael Faraday	Louis Pasteur	General Westmoreland
F. Scott Fitzgerald	Gen. George Patton	Weyerhauser Family
Malcom Forbes	Picasso	Russell White
Henry Ford	Edgar Allan Poe	Robin Williams
Benjamin Franklin	Puccini	Woodrow Wilson
Zsa Zsa Gabor	Sergei Rachmanioff	Henry Winkler
Galileo	Buddy Rich	Stevie Wonder
Danny Glover	Eddie Richenbacker	F.W. Woolworth
Tracy Gold	John Rivers	Wrigley
Whoopi Goldberg	Nelson and John D. Rockefeller	William Butler Yeats