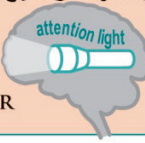


WHAT'S OBVIOUS
DEPENDS
ON WHAT WE
ATTEND TO.

~ JEFF
COPPER



It's convenient for society
if you do it their way.

~ JEFF COPPER

IF IT WAS EASY,
YOU WOULD
HAVE DONE IT
BY NOW.

~ JEFF COPPER

THE RANGE OF WHAT WE THINK AND DO IS
LIMITED BY WHAT WE FAIL TO NOTICE. AND
BECAUSE WE FAIL TO NOTICE THAT WE FAIL
TO NOTICE. THERE IS LITTLE WE CAN DO TO
CHANGE UNTIL WE NOTICE HOW FAILING
TO NOTICE SHAPES OUR THOUGHTS AND
DEEDS.

~ DANIEL GOLEMAN

If the obvious was
going to work, it would
have worked by now.

~ JEFF COPPER

IMPULSIVITY is CREATIVITY GONE RIGHT

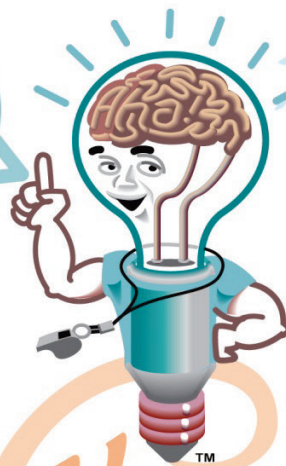
~ DR. NED HALLOWELL

Resistance
is a
finite
resource.

~ UNKNOWN

It is the
small differences
in what we attend to
that make a
big difference!

~ JEFF COPPER



WORKING
MEMORY IS
THE GOOGLE
OF THE BRAIN.

~ DR. THOMAS
E. BROWN

IT'S EASY TO FIND SOME-
BODY WHO CAN PRE-
SCRIBE MEDICATIONS. IT'S
HARDER TO FIND SOME-
BODY THAT WILL LISTEN.

~ DR. THOMAS E. BROWN

ADHD

is like

**erectile
dysfunction**
of the mind.

If it doesn't turn you
on, you can't do your
business.

~ DR. THOMAS E. BROWN

WITH 27,000 UNREAD
EMAILS, I DECLARED
EMAIL BANKRUPTCY.

~ ERIC TIVERS

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If building habits were
easy, you would have
done it by now!

~ JEFF COPPER

That is what I
used to think.

~ DR. DAVID TEPLIN
IN RESPONSE TO AN IGNORANT
INDIVIDUAL DECLARING THERE IS
NO SUCH THING AS ADHD.

Wit

is the sudden marriage of
ideas, which, before their
union, were not perceived
to have any relation.

~ MARK TWAIN

ADD IS NOT
A DISABILITY. A
DISABILITY IS THE
MINDSET THAT IT
IS A DISABILITY.

~ DR. NED HALLOWELL

many **ADDers**
are poor at
self-observation,
w h i c h
they find
surprising
because
they are
poor at
self-observation.

~ RICK GREEN

The greatest enemy
of knowledge is not
ignorance;
it is the illusion of
knowledge.

~ STEPHEN HAWKING

Distractibility and curiosity are just different sides of the same coin. ~ JEFF COPPER