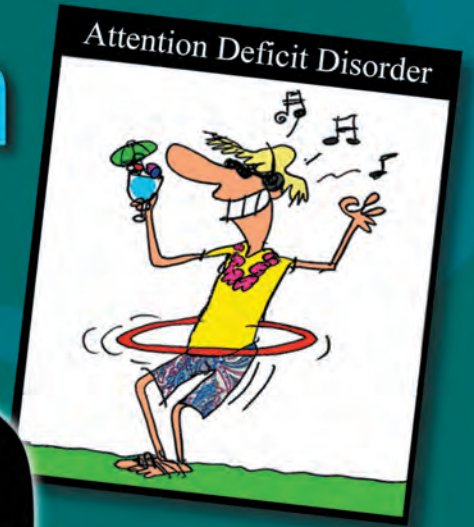


Surfing Attention

cartoon
book



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Jeff Copper,
ADHD, ATTENTION & AHA! Coach



EXCAVATING THE *Aha!* DAILY



Biography

As a schoolboy, Jeff Copper was diagnosed with learning disabilities and dyslexia and was faced with lifelong learning challenges. Had he not been a scholarship athlete, he might never have been accepted to college. To survive and graduate, Jeff learned to manage his attention so he could study and even thrive in school. He went on to obtain an MBA from the University of Tampa, graduating with honors. Today he is an attention coach and an expert on attention issues.

Jeff coaches individuals and entrepreneurs with ADD/ADHD symptoms who are seeking personal and business results. As an attention coach, Jeff encourages others to realize their own potential by helping them to overcome information overload, chronic disorganization,

ADHD and ADD symptoms, time management problems, attention deficit disorder impulsivity, and other conditions that may hinder one's advancement.

Jeff has found cartoons to be an effective communication tool to support concepts, enlighten others, and just have fun. We've collected Jeff's inspired cartoons and are sharing them in the eCartoon book for your amusement and pleasure. We hope you enjoy them.

Join the DIG Coaching Community and find social media links at
www.digcoaching.com

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EXCAVATING THE *Aha!* DAILY



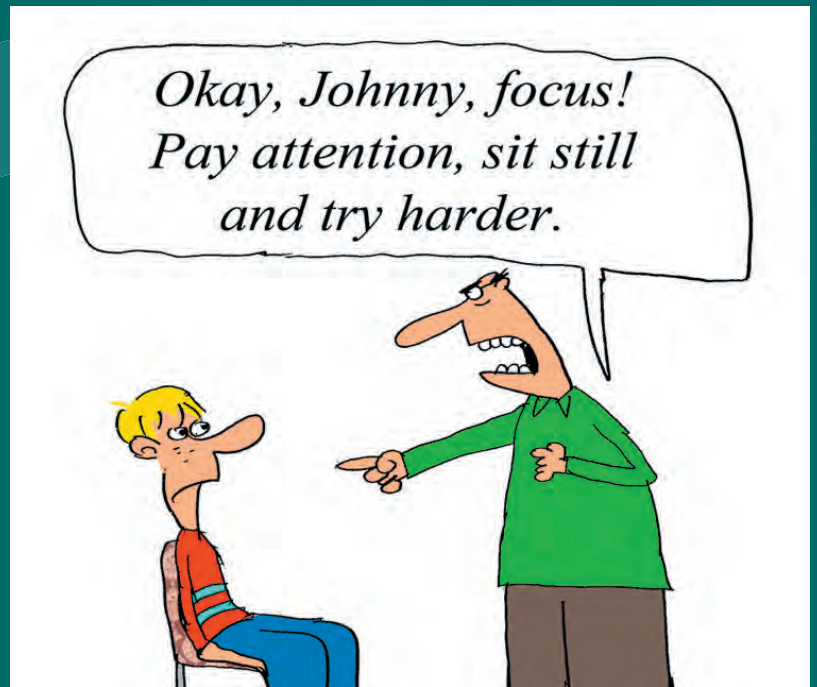
I sorted things into piles,
like the ADHD book said.
Now what do I do?

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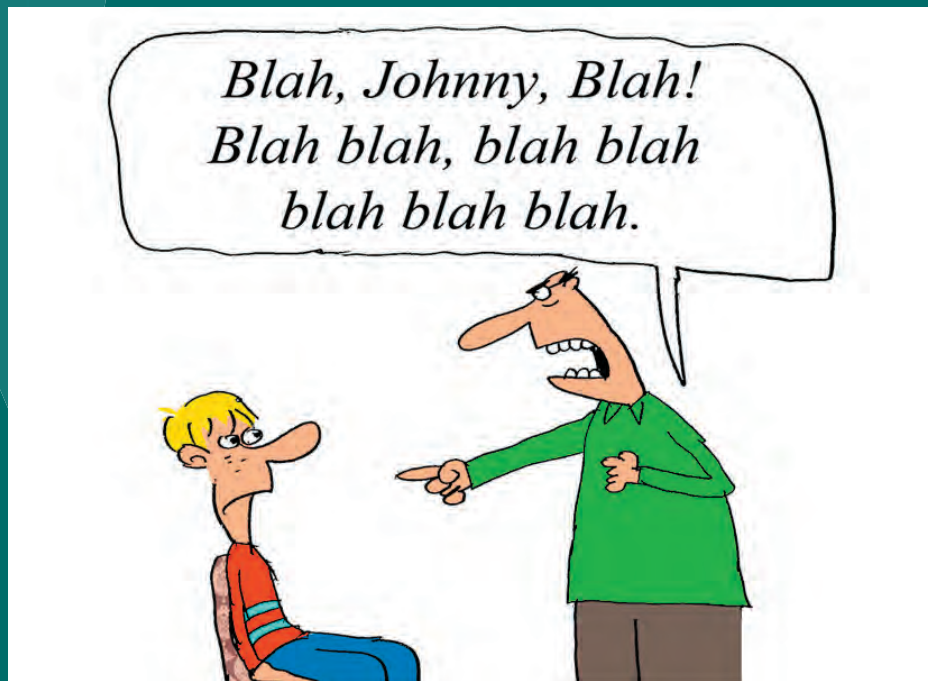


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What we say to ADD teens...



What they hear...



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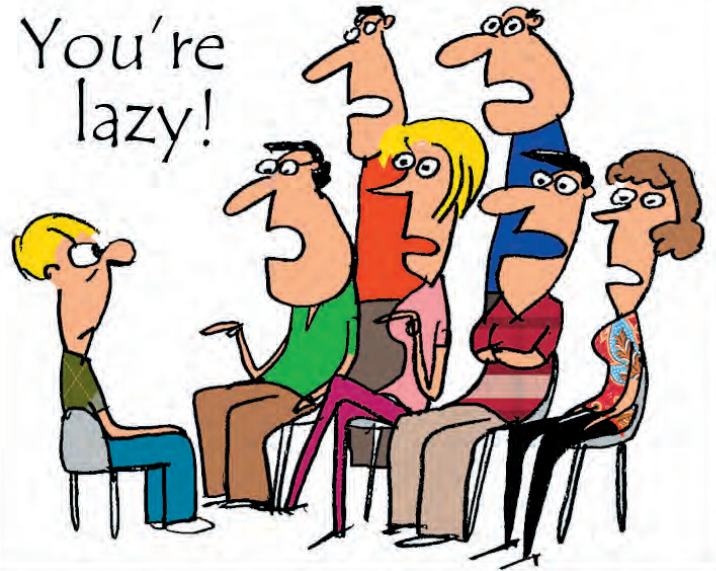
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ADHD LONG-TERM EFFECTS



Stop that! Sit down!
Shut up! Sit still!
Quiet! Try harder!
You're lazy!



Choose carefully!

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ADHD Treatments

THE OLD DAYS



THESE DAYS

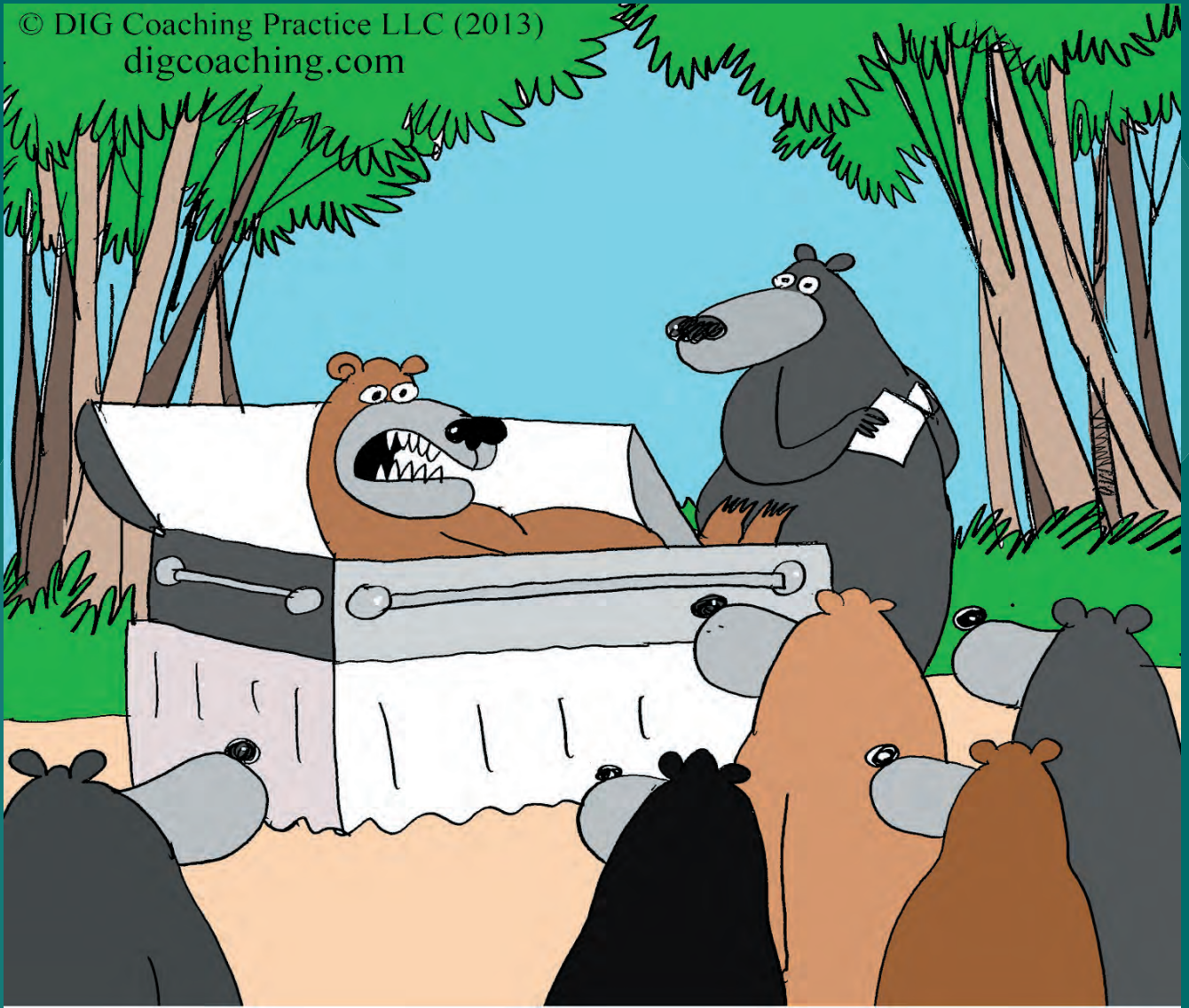


We can do better!

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**You idiots! I was hibernating.
Take a pulse next time,
for Pete's sake!**



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Book Store Self-Help Section

10
Solutions
That Work,
Only They
Don't

Let's Prove
What Doesn't
Work for
You Again

Repeating
What
Doesn't
Work for
Dummies

*Your
Problem
Is You
Don't Do
It My
Way*

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The diagnosis:
You're broken!

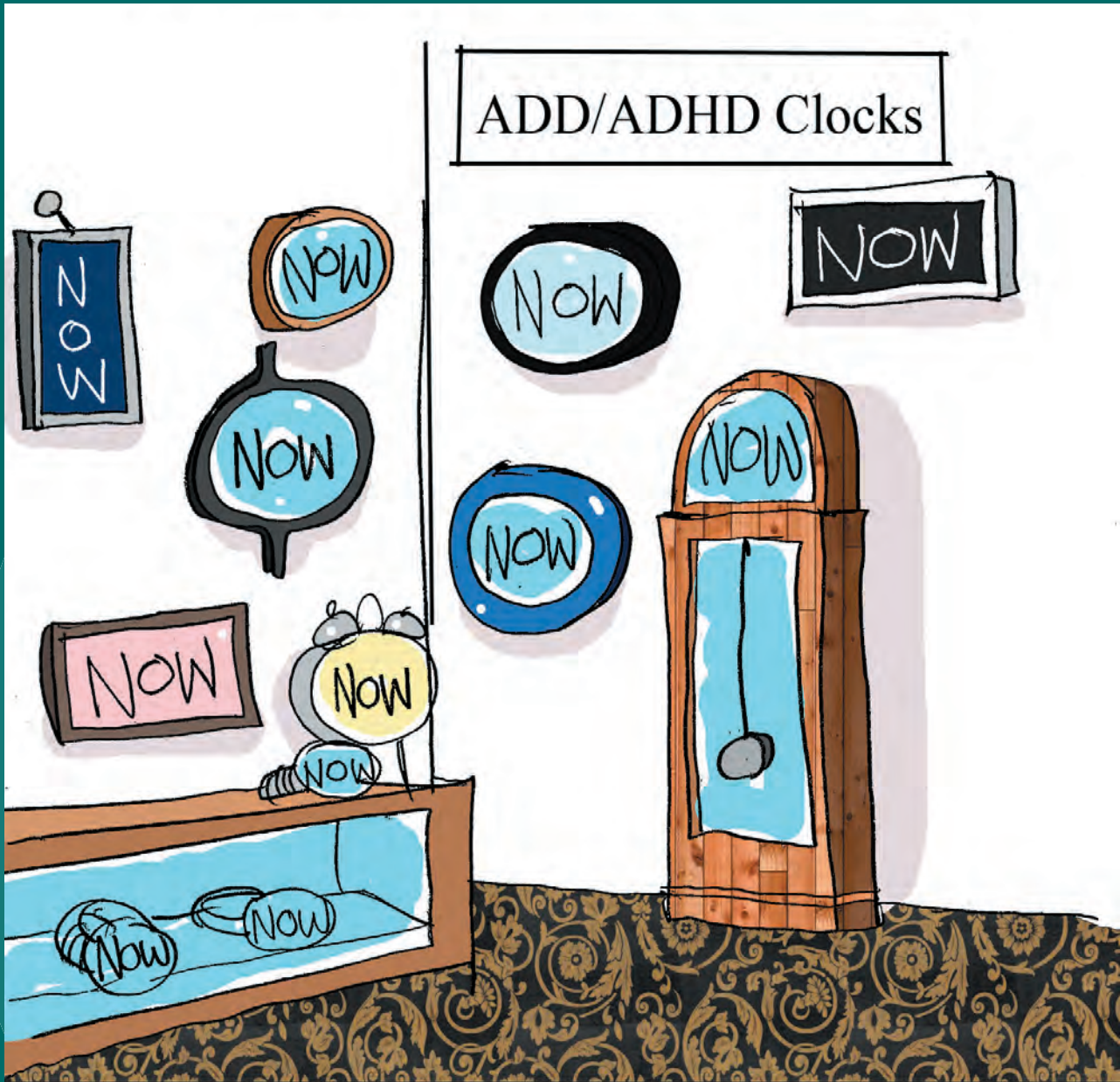
The prescription:
Try harder!



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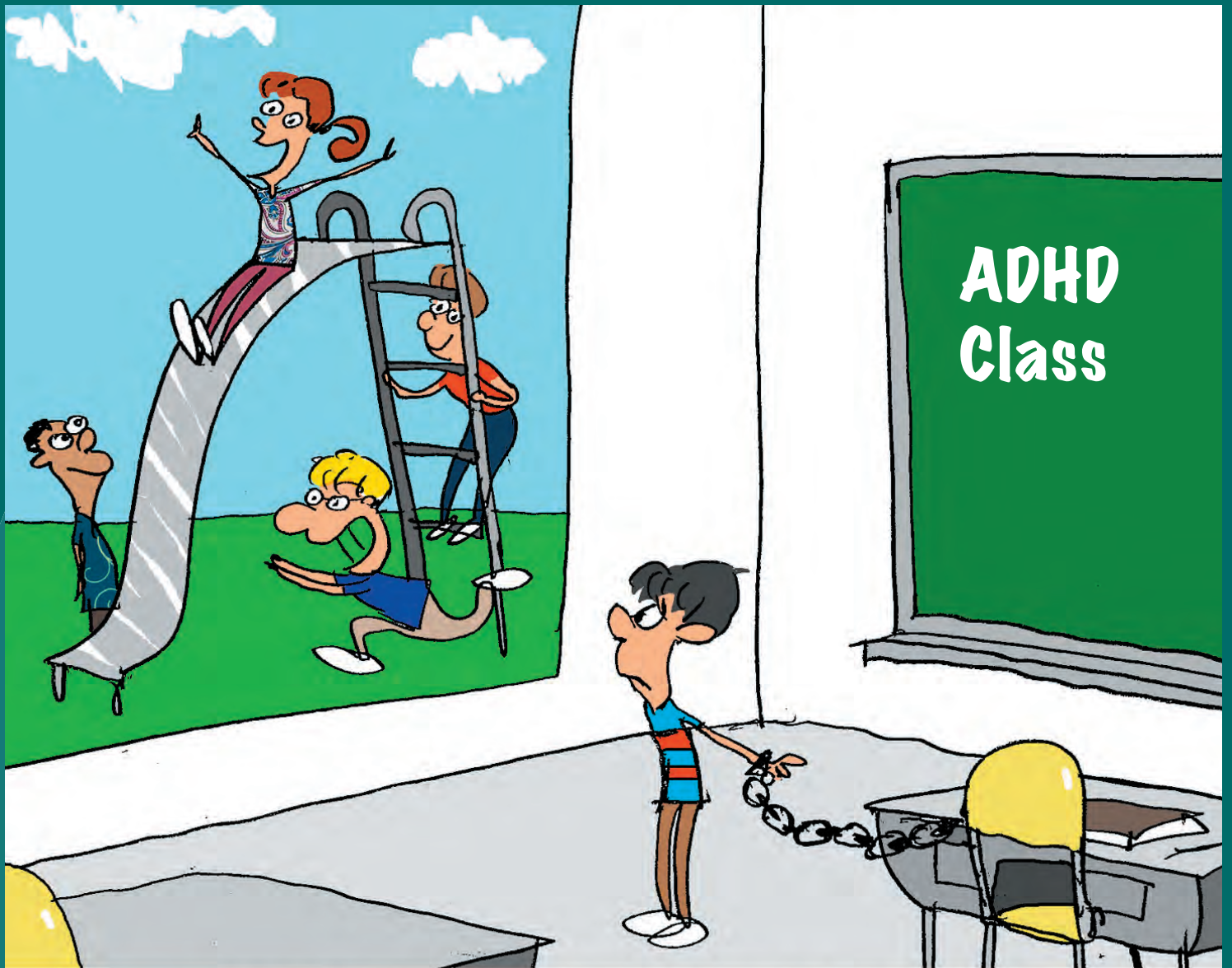


ADD/ADHD clocks - more accurate than the atomic clock.



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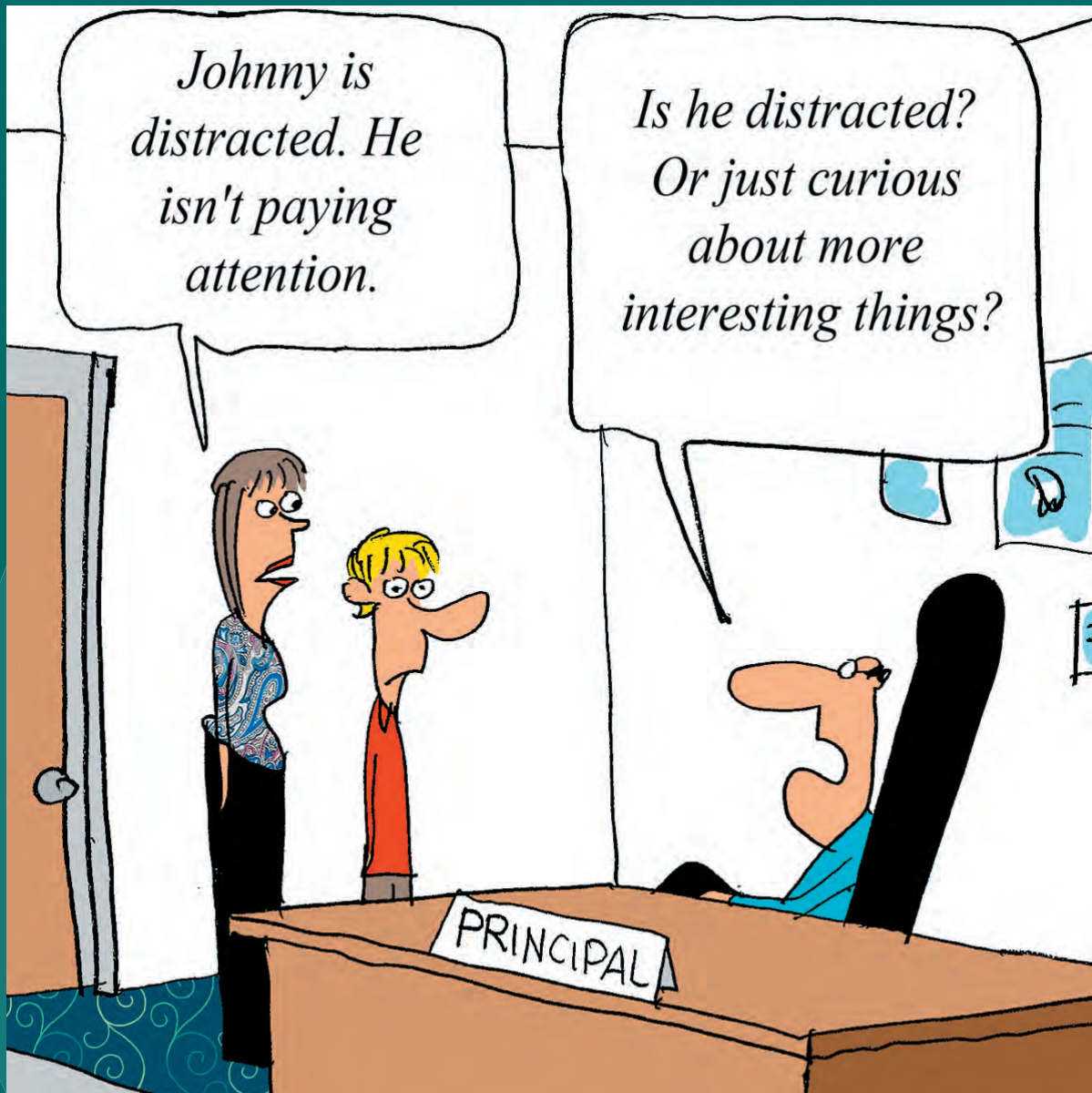


A concentration camp is not the answer for ADHD kids.

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Curious vs. Distracted
Two sides of the same coin.

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Dyslexic Challenges



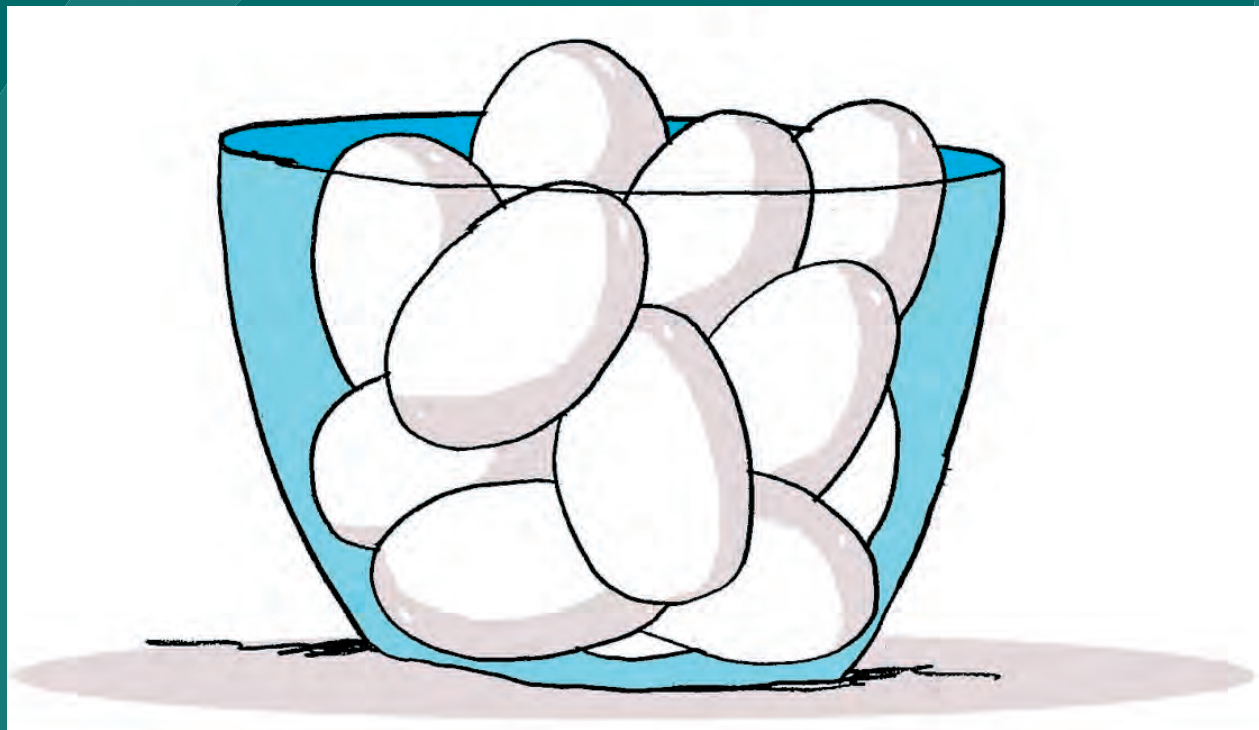
A Dyslexic Walks into a Bra

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What's Obvious Depends On What We Attend To (WODOW-WAT)



Eggs or boneless chicken?



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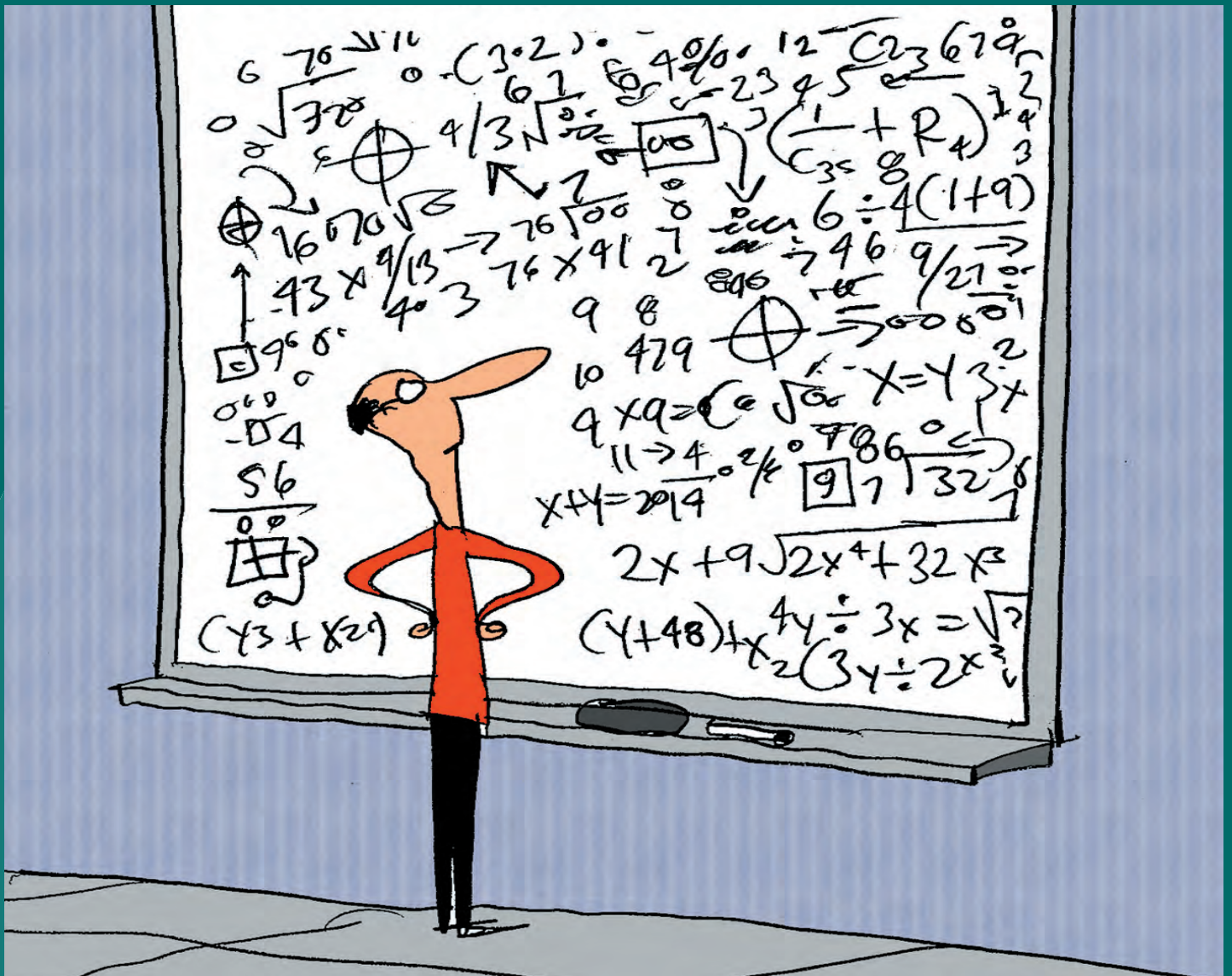


When you have a hammer,
everything looks like a nail!

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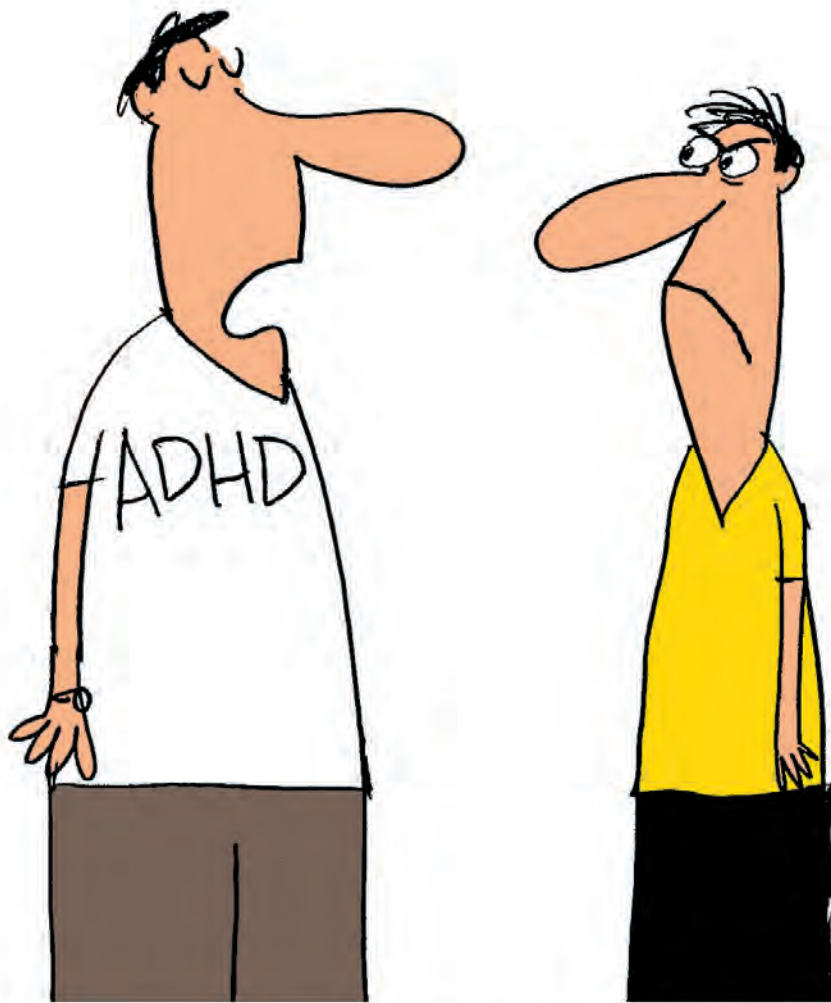
Joe Normal discovers that those with ADHD refuse to be bored.



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“I’m not random. You’re a slow thinker. You need to find a way to keep up.”

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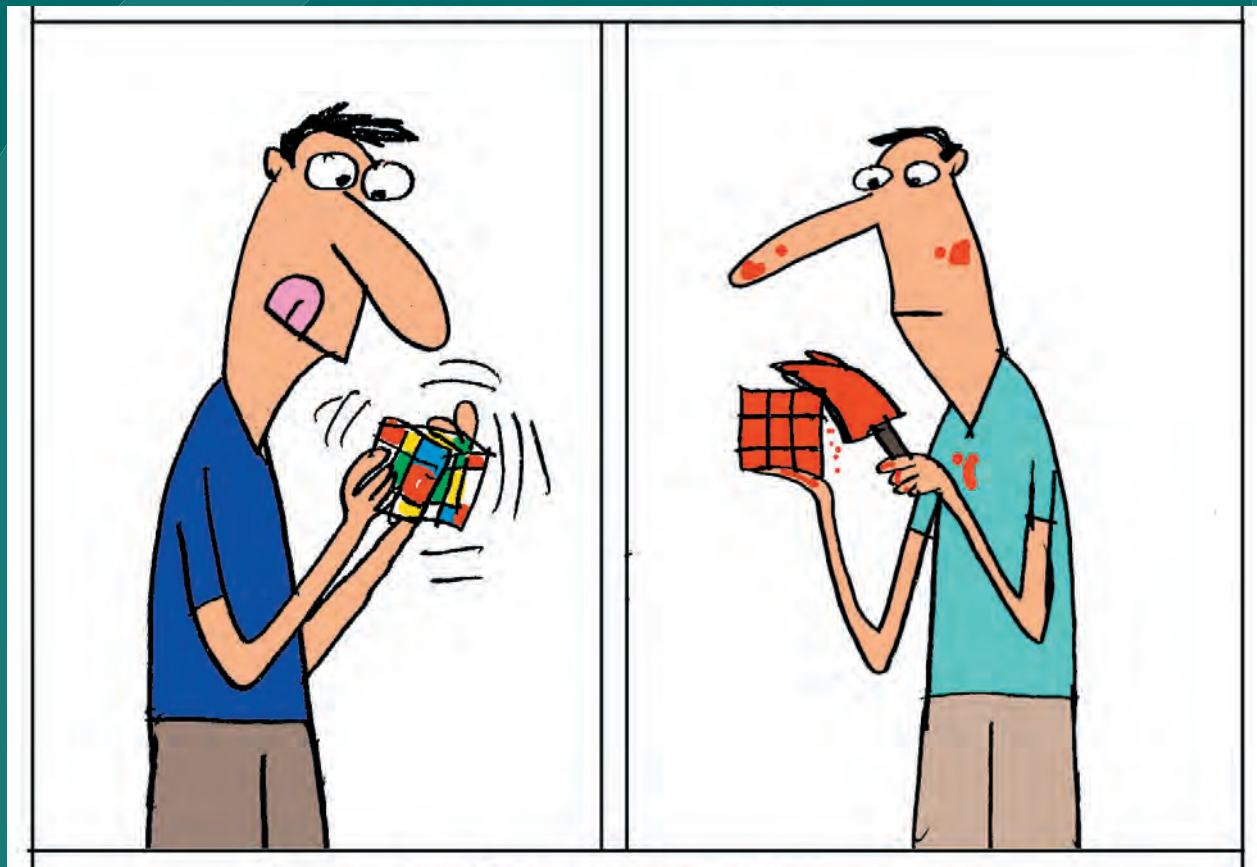
Procrastination...the book never written.

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What's Obvious Depends On What We Attend To (WODOW-WAT)



How do you solve problems?

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The School of Hard Knocks

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*I should just
be able to
do it.*

*Should doesn't
seem to work for
you. I'd say you're
shoulding all over
yourself.*

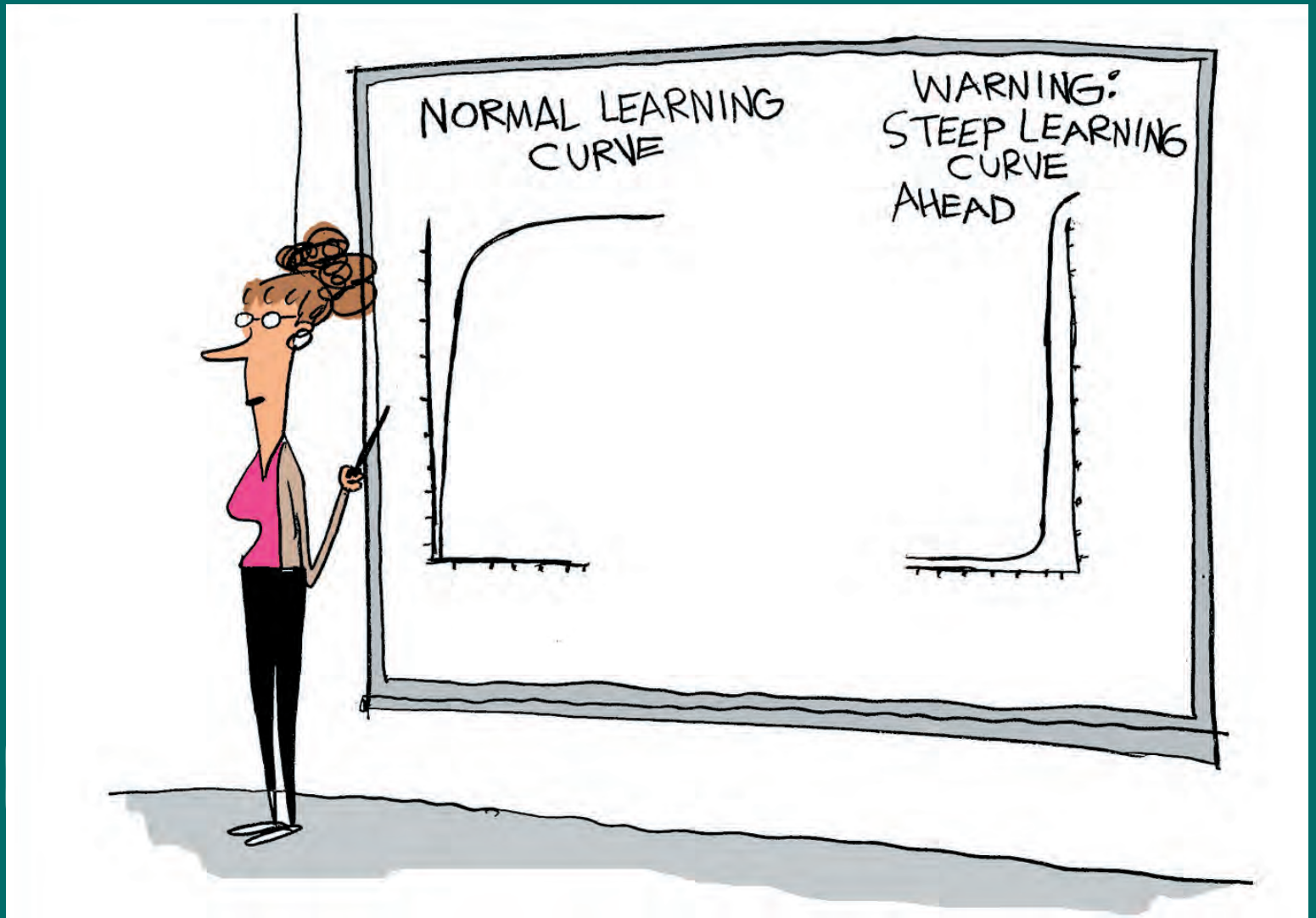


**Wouldn't shoulding have
worked by now if it were a
workable solution?**

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ADHD Learning Curves

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The Neuro Bigot

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The Bedtime Experience for Those With ADHD

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