

The Impact of Exercise on ADHD with John Ratey

Dr. John Ratey is a bestselling author and an associate professor of psychiatry at Harvard Medical School. He is a renowned psychiatrist on treating adults with ADD. Since he himself has ADD, it is no surprise that, as a co-author with Dr. Ned Hallowell of the bestselling seminal book on ADD/ADHD, *Driven to Distraction*, he was able to confront a variety of false notions about ADD, including the most common myths that ADD affects only children and that ADD limits intelligence or self-discipline. Listen in as Dr. Ratey shares his insight on exercise and the ADHD brain.



URL: <https://www.spreaker.com/episode/the-impact-of-exercise-on-adhd-with-john-ratey--63150949>

The Importance of Emotion in Understanding and Managing ADHD

Medical papers dating back to 1798 always include emotion in the conceptualization of ADHD. This continued up to the 1970 Diagnostic and Statistical Manual of Mental Disorders, 2nd Ed. (DSM-II). Since then, emotional dysregulation has been excluded from the clinical conceptualization of the condition. In this episode, host, Jeff Copper, will interview **Dr. Russell Barkley** who will argue why emotion needs to be returned to a central place in ADHD.



URL: <https://www.spreaker.com/episode/the-importance-of-emotion-in-understanding-and-managing-adhd--63153416>

ADHD: How It Manifests Differently in Girls and Women

Psst! Have you noticed there's a difference between men and women? Well, there is, and as such, ADHD manifests differently in both women and girls, as do coexisting conditions. Listen to this episode of Attention Talk Radio as host, Jeff Copper, interviews **Dr. Patricia Quinn** on the topic. On the show, the two discuss why females are more likely to be misdiagnosed regarding ADHD. They also talk about the more common coexisting conditions in women and the link between ADHD and eating disorders in women. If you have depression, anxiety, or an eating disorder, or if a female around you is impacted by it, this is a show you cannot miss.



URL: <https://www.spreaker.com/episode/adhd-how-it-manifests-differently-in-girls-and-women--63152308>

ADHD Emotional Self-Regulation: Live, Unplugged, and Real

Emotions are as much a part of attention deficit hyperactivity disorder as attention is, according to Dr. Russell Barkley. In this episode host, **Jeff Copper**, interviews Stacey and plays a prerecorded clip of her revealing her emotions, live and in the moment, and having difficulty regulating them. What we learn actually helps her to self-regulate her emotions. If you have ADHD, struggle with self-regulation, or are just an emotional being, you won't want to miss this show. It is real and unplugged... so real we couldn't just make it up.



URL: <https://www.spreaker.com/episode/adhd-emotional-self-regulation-live-unplugged-and-real--63150908>

ADHD Medication: Straight Answers to Big Questions

Rick Green and Jeff Copper, an ADHD and attention coach, agree. They don't want you to have to take ADHD medications. However, if you are like most other adults with ADHD, not taking meds and haven't done the research on the pros and cons, there is a good chance it is costing you and you're suffering needlessly from ignorance. In this episode of Attention Talk Radio, we interview Rick Green of Totally ADD around the making of his biggest project to date – a five-video series covering every aspect of ADHD medication. Rick talks about the challenge of weaving together interviews with dozens of experts and 18 adults who have ADHD and were willing to tell their “medication stories.” He also shares insights on ADHD meds and insights gained from producing the documentary. He now has a very different view of the potential and the limits of



medication and a clear sense of the role of medication in a holistic treatment plan. It's become clear that people's fears about medication are misplaced. If you have been diagnosed with or are impacted by ADHD, it is huge mistake to miss this.

URL: <https://www.spreaker.com/episode/adhd-medication-straight-answers-to-big-questions--63150919>

ADHD & Emotional Self-Regulation: Fight, Flight, or Freeze

Attention deficit hyperactivity disorder isn't a deficit of attention but rather a self-regulation issue. Attention, emotions, and bodily movement are all things one must self-regulate but are not always an easy task for those with ADHD. In this episode, we interview **Dr. David Nowell** on emotional self-regulation, the brain's automatic response in the face of a threat, the impact of that threat on those with ADHD, and the challenges of overriding the automatic response. If you've got ADHD, struggle with emotions or anger, or find yourself paralyzed, you won't want to miss this insightful interview.

URL: <https://www.spreaker.com/episode/adhd-emotional-self-regulation-fight-flight-or-freeze--63150834>



ADHD and Working Memory: Your GPS for Life

Attention deficit hyperactivity disorder negatively impacts executive functioning. We have interviewed thought leader **Dr. Russell Barkley** in years past on how ADHD is a challenge of self-regulation. We learned how emotions, which need to be self-regulated, are as much a part of ADHD as attention. In this interview, Dr. Barkley returns to discuss working memory and how it is impacted by ADHD. Join attention and ADHD coach Jeff Copper as Dr. Barkley shares his expert insight on the topic. Based on our prior experience, this interview will no doubt become one of our most talked about shows.

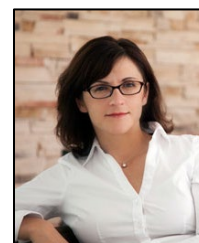
URL: <https://www.spreaker.com/episode/adhd-and-working-memory-your-gps-for-life--63150853>



ADHD: Paying Attention to Attention and Attitude

According to **Dr. Lidia Zylowska**, mindfulness practice is very beneficial and includes two parts. The first is focused on attention, and the second is attitude based. It is about opening the mind. In this episode of Attention Talk Radio, attention and ADHD coach Jeff Copper interviews Dr. Zylowska on the topic and more specifically discerns the difference between attention and attitude and how to mindfully manage both. If you have ADHD, this is a show you won't want to miss.

URL: <https://www.spreaker.com/episode/adhd-paying-attention-to-attention-and-attitude--63150873>



But wait, there's more.....

HERE'S A BONUS... 10 MORE FAVORITES!

ADHD and High IQs, with Dr. Thomas E. Brown

What impact does ADHD have on intelligence? Can those with ADHD have a high IQ? If so, what impact does it have? What is it like to work with individuals with ADHD and a high IQ? In this episode of Attention Talk Radio, we interview **Dr. Thomas E. Brown** on this fascinating topic and his experience working with individuals like this. If you have ADHD, this is a must-listen-to show.

URL: <https://www.spreaker.com/episode/adhd-and-high-iqs-with-dr-thomas-e-brown--63152118>



ADHD-ADD: The Gift or Curse Debate with Dr. Russell Barkley

Is ADHD a gift or a curse? What role does stigma play in the debate? Was **Dr. Russell Barkley** stigmatized as “Dr. Evil” on this important topic? How does he feel about how he has been cast? How do hope and resiliency play into the discussion? What is Dr. Barkley’s take on the personal examples given by your host and ADHD coach Jeff Copper how his own dyslexia and learning disability challenges have manifested in his life? Join Jeff and Dr. Barkley as they try to put all this into a context that makes sense while defining a strategy to put the discussion behind and move towards destigmatizing ADHD!



URL: <https://www.spreaker.com/episode/adhd-add-the-gift-or-curse-debate-with-dr-russell-barkley--63152245>

ADHD: Me Want It But Me Wait: Lesson Learned from Sesame Street

Attention deficit hyperactivity disorder... deficit of attention? Not! ADHD is about self-regulation. In this episode of Attention Talk Radio, we interview **Autumn Zitani**, Director of Content in the Sesame Workshop Curriculum and Content Department, around self-regulation and what parents and children can learn from this timeless show. If you are impacted by ADHD, you don’t want to miss this episode.



URL: <https://www.spreaker.com/episode/adhd-me-want-it-but-me-wait-lesson-learned-from-sesame-street--63150827>

ADHD: Coping with Emotion Too Little or Too Much

Even though emotions are not a part of the diagnostic criteria for ADHD in the DSM-5, researchers agree that emotions are as much a part of ADHD as attention. In this episode of Attention Talk Radio, we are interviewing clinical psychologist **Dr. Thomas E. Brown** around why those with ADHD struggle so much with emotions, the role emotions play in executive functioning, the impact of emotions on working memory, and how emotions impact the “Google” search function in our brain. We also ask him to specifically use the concept of erectile dysfunction as a metaphor to help understand the chemical dynamics of the brain. Dr. Brown is an ADHD thought leader. He is articulate and on point. The only reason to miss this show is if you are in crisis or someone in your family is giving birth! That’s right. The content is that good!



URL: <https://www.spreaker.com/episode/adhd-coping-with-emotion-too-little-or-too-much--63152153>

The Impact of Stigma on ADHD

What is stigma? Is it different from discrimination? How is it different and what are its properties? What role does language play? What is courtesy stigma? How is stigma overcome? In this episode of Attention Talk Radio, co-hosts Jeff Copper and Kirsten Milliken interview **Dr. Stephen Hinshaw**, Professor of Psychology at UC Berkeley, who has studied this topic extensively for decades on a personal and academic level. If you have been diagnosed with or are impacted by ADHD, then stigma impacts you. Tune in and get an education on this important topic.



URL: <https://www.spreaker.com/episode/the-impact-of-stigma-on-adhd--63152214>

ADHD Non-MEDS.: Mindfulness, Exercise, Diet, and Sleep

Many with attention deficit hyperactivity disorder are looking for solutions that don’t involve medications. In this episode we identify the four best non-medicine solutions out there. We talk about their benefits and have a frank discussion around why so many are not able to benefit from them as much as they could. We also talk about how you could more successfully utilize



them to help you move forward. Catch host ADHD coach Jeff Copper and ADHD coach Brett Thornhill on this very insightful show.

URL: <https://www.spreaker.com/episode/non-meds-for-adhd-mindfulness-exercise-diet-and-sleep--62722078>

ADHD and Screen Addiction: The Biology and Issues

Attention deficit hyperactivity disorder is very much an issue of self-regulation. Biological issues related to those with ADHD lend themselves to struggles with screen addiction. In this episode of Attention Talk Radio, ADHD coach Jeff Copper interviews psychiatrist Dr. Clifford Sussman who discusses the issues related to the challenges of those with ADHD and problematic use of digital technology. He clearly lays out biology and issues at hand to understand why this is a very big concern for those with ADHD. If this topic speaks to you, this is a show you won't want to miss.

URL: <https://www.spreaker.com/episode/adhd-and-screen-addiction-the-biology-and-issues--63150786>



ADHD and Screen Addiction: The Hard Part

This edition of Attention Talk Radio is a follow-up to part one in a series related to ADHD and screen addiction. In the first episode, we talked about the biology that places those with ADHD at higher risk for screen addiction. In this edition, we talk with Dr. Clifford Sussman about the issues that arise when you combine the challenges of ADHD, self-regulation, puberty, and the ever-growing requirements to interact with the world digitally. If the topic speaks to you, you will want to listen in to create self-awareness and understand the very real challenges at present in dealing with this challenge.

URL: <https://www.spreaker.com/episode/adhd-and-screen-addiction-the-hard-part--63150851>



ADHD and Screen Addiction Treatment

Attention deficit hyperactivity disorder is a challenge of self-regulation, meaning that the challenge of sometimes engaging attention and other times unengaging attention, much like an addiction or an addict's need to walk away. In this edition of Attention Talk Radio, ADHD coach Jeff Copper interviews Dr. Clifford Sussman on the treatment and challenges of working with those who have ADHD and screen addiction issues. If this speaks to you, this show promises to be very insightful to help you be self-aware and attack the problem head on.

URL: <https://www.spreaker.com/episode/adhd-and-screen-addiction-treatment--63150804>



ADHD and Self-Motivation

Those with attention deficit hyperactivity disorder have executive functioning challenges, about which we've spent a lot of time talking about self-regulation and working memory. In this episode of Attention Talk Radio, Dr. Russell Barkley joins us for a lively discussion with ADHD coach Jeff around the notion of self-motivation. If you've listened to our interviews with Dr. Barkley in the past, this promises to be enlightening, informative, and something you should put on your calendar.

URL: <https://www.spreaker.com/episode/adhd-and-self-motivation--63150862>

