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Shankman Is Faster Than Normal

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Faster than NormalPeter

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Shankman on The Morning Show  
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3, 2017. by. Peter Shankman  
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Faster Than Normal: Turbocharge

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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,

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Secrets of the ADHD Brain, Peter

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takes you step-by-step through the process of finding your hidden potential. Peter Shankman does something rare in his speaking about the diagnosis of ADHD, and that is that ADHD is not diagnosis at all.

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ADHD Brain Peter Shankman  
(Author, Narrator), Bernie  
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Peter Shankman, Edward Hallowell

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(Foreword by) Tarcher Perigee,  
9780143131229, 256pp.

Publication Date: October 3, 2017.

Other Editions of This Title:

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Faster Than Normal: Turbocharge  
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In fact, Shankman calls ADHD a “gift” in his eye-opening new book with a mouthful of a title, *Faster Than Normal: Turbocharge Your Focus, Productivity, and Success With the Secrets of the ADHD Brain*.

Adult ADHD: A Gift for Your Work

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His new book is Faster Than  
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Productivity, and Success with the  
Secrets of the ADHD Brain. In this

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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

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In Faster Than Normal, Shankman  
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daily hacks for making ADHD a  
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inspiring and practical, the book  
presents life rules, best practices,  
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Harness your creative energy to  
generate and execute your ideas

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