

# Adult ADHD: How to Succeed as a Hunter in a Farmer's World

*Thom Hartmann*

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THOM HARTMANN

## Adult ADHD



How to Succeed  
as a Hunter  
in a Farmer's World

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**Thom Hartmann : Adult ADHD: How to Succeed as a Hunter in a Farmer's World** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Adult ADHD: How to Succeed as a Hunter in a Farmer's World:

0 of 0 people found the following review helpful. Five StarsBy Susan GiesenLoved this "easy to read" helpful book.32 of 34 people found the following review helpful. Not So NewBy HornbeamI've loved Thom Hartmann's books about ADHD, but the ones I've read are 15-20 years old. I was delighted to see that he had written a new one! Just to be sure

it was really new, before ordering it I looked on 's list of specifics about the book. Sure enough it said 2016. What I missed was that it was a third edition. When the book arrived, I saw that the title page states it was originally published in 1994, published under a new copyright in 2002, and now under a new copyright in 2016. Now that I have begun to read it, I'm finding that there is a small amount of new information about the DSM-V in the first chapter. As far as I can tell, the rest of the book is probably original. I don't see any references in the bibliography newer than the 1990's and some are from the 1970s and 1980s. This doesn't mean the information is not useful. It's just that I've read about his hunter/farmer theory elsewhere and thought I would be reading an updated presentation. I would appreciate it if would make it clear when a "new" book is really an old book in a new outer shell.9 of 12 people found the following review helpful. I love a book that turns everything I thought I knew ...By Rahasya-Lotus GuideI love a book that turns everything I thought I knew upside down. What if we truly are still "hunters"; learning to adapt in a "farmers"; world? There's nothing wrong with being the "farmer" because this is what creates and sustains stability. But without innovation and creativity, stability can quickly become stagnation. As hunters, we were constantly scanning our environment for food and danger. In today's world, the hunters scan their environment for danger and opportunity and are brave enough to make changes. This book provides very useful steps that will help us turn what we are told are disorders into attributes. This is an important book for business owners and/or entrepreneurs.Dhara lemos, Lotus Guide

How to harness your ADHD "hunter" strengths to start your own business and prosper in the workplace! Provides organizational strategies, tips to maintain focus, and tools to set goals, build a business plan, and discover the right project to keep you motivated! Shares ADHD success stories from Fortune 500 CEOs, inventors, small business owners, and the author's own experience in launching new businesses! Explains the positive side of ADHD behavior in the context of creating a business, working within an existing company, and raising children with ADHD. Most people do not "grow out" of Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). For many, their ADHD traits have led to difficulties in school, relationships, and work. But for our hunter-gatherer ancestors these characteristics were necessary for survival. Hunters must be easily distractible, constantly scanning their environment, and unafraid of taking risks. When humanity experienced the agricultural revolution 10,000 years ago, a vastly different type of personality--the methodical "Farmer"--became dominant. Most of our modern world is tailored to this Farmer personality, from 9-to-5 jobs to the structure of public schools, leaving ADHD Hunters feeling like unsuccessful outcasts. However, the Hunter skill set offers many opportunities for success in today's Farmer society--if you learn how to embrace your ADHD traits instead of fighting against them. In this step-by-step guide, Thom Hartmann explains the positive side of Hunter behavior. He reveals how Hunters make excellent entrepreneurs, sharing ADHD success stories from Fortune 500 CEOs, inventors, small business owners, and his own hands-on experience in launching new businesses. Drawing on solid scientific and psychological principles, he provides easy-to-follow organizational strategies, tips to maintain focus and create a distraction-free workspace, and tools to set goals, build a business plan, and discover the right business project to keep you motivated. Hartmann shares valuable advice for both the Hunter entrepreneur and the Hunter within an existing company and for curtailing the aggressive side of the Hunter personality in group situations or manager positions. Revealing the many ADHD opportunities hidden within the challenges of work, relationships, and day-to-day life, Hartmann also includes tips on navigating family relationships and parenting--for most Hunter parents are also raising Hunter children.