

Celebrities and Leaders on Living Well With ADHD and Learning Disabilities



"When adults with ADHD realize they're blessed and gifted, they're going to be unstoppable." —Alexis Hernandez, chef and reality TV star

"I've learned, at this point in my life, that ADHD is a part of who I am. You don't have to keep your ADHD a secret." —Roxy Olin, actress

"I learned to appreciate people's strengths and forgive their weaknesses, as I hoped they would forgive mine." —Paul Orfalea, Kinko's founder

"My dyslexia helps me: I don't think the way other people do." —Ari Emanuel, Hollywood talent agent

"Find out what you can do well, focus on it, and work doubly hard." —Charles Schwab, founder and chairman, Charles Schwab & Co.

"If someone told me you could be normal or you could continue to have your ADD, I would take ADD." —David Neeleman, Jet Blue Airways founder

"Some people think diagnosis is the kiss of death. Not me. Now that I know I have the condition, I can deal with it." —Patrick McKenna, comedian

"I chose to do something that was perfect for the way my brain works." —Katherine Ellison, Pulitzer Prize winner and author

"If I had one wish, I'd wish I could go back to high school and take my medication every day. I could have accomplished so much more. But the more I learn now, the more I can get out to parents." —Scott Eyre, Major League Baseball player

"My dyslexia probably made me insecure when I was younger, but now it serves as an underlying reminder of my own humility." —Diane Swonk, economist and author

"Managing symptoms is a lifetime commitment. You have to be willing to experiment. If one thing doesn't work, another will. There are alternatives and there are answers." —Howie Mandel, comedian, TV host, and author

Sources:
1. ADDitude magazine and ADDitudeMag.com
2. Paul Orfalea's website, PaulOrfalea.com

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