



# ADD and Me: Forty Years in a Fog

*Ken Patterson*

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# ADD and Me: Forty Years in a Fog

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## **ADD and Me: Forty Years in a Fog** Ken Patterson

'I'm always in a fog. I just don't seem to think very well. I am a man who has Attention Deficit Disorder and I invite you to take an impromptu trip through my life. But put on your fog lights and hold on for the ride. '- Ken Patterson In his personal account of life with Attention Deficit Disorder (ADD), award-winning author Ken Patterson richly illustrates the way in which the symptoms of ADD curtail the ability of an intelligent man to succeed in the most ordinary of life's events. Through episodes of childhood, educational experiences, employment, military career, and relationships, he reveals the subtle complexities of coping with situations most people take for granted. This entertaining and compassionate book unsparingly describes a life distorted by impulsivity, distractions, obsessions, and anger. Illuminating, and deeply insightful, it will fascinate anyone who has come into contact with ADD.

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