

THE MYTHS OF
ADHD
DEBUNKED

THE CONSPIRACY EXPOSED!

Bryan L. Hutchinson

THE END

Bryan L. Hutchinson is the author of the bestselling book [*One Boy's Struggle: A Memoir – Surviving Life with Undiagnosed ADD.*](#) Read it for a personal perspective that tells the story **that needed** to be told. If you haven't read it yet. Read it. As Dr. Hallowell says: "It's a real eye opener!" Available in paperback and on Kindle.

THAT'S HOW WE START.
IT'S AN ADHD *Thing!*

YES! THE CONSPIRACY
EXISTS.

GET READY FOR: *Truth!*

WHY DO WE FORGET
THINGS?

Answer: Forgetting things is something of **intention**, meaning that we do it **on purpose** and we have a **special device** that wipes specific memories from our minds.

For example, we dislike *keys*. They are a real hassle and are needed for far too many silly things like, well, locks. So we wipe away the memory of where we put them. We can, and do, take memories of certain people and remove those, too.

Who are you?

WHY DO WE REPEAT
OUR MISTAKES?

Short Answer: Because **we can**.

Longer Answer: We actually like to make the same mistakes over and over again. If someone chastises us or blames us enough for our lost memories or for making the same mistakes, then we can **automatically** correct our behavior and **conform** to their wishes by not using the memory wiping device anymore.

Everyone realizes by now that we have a memory wiping device. The cat's out of the bag. No. Mine is **Not** for sale. You couldn't afford it. If you have ADHD then you already have one. No. Sorry. Wish I could help, but I don't know where you put it.

ARE WE LAZY?

Answer: No. It's a farce, of course. Laziness is **deliberate** and **annoys** people like mad.

It's so much fun not getting things done. A real riot. Truly. Everyone wants to be lazy, but people with ADHD are the only ones **bold** enough, to actually deliver. It's a gift for Pete's sake. Don't be so jealous. If you get annoyed enough we'll just procrastinate until you're over it.

And yes, we do take bribes. So if you reward us, we'll instantly become super motivated and over-perform, providing undeniable, irrefutable, indisputable evidence that our lack of productivity is just one big charade.

WHAT ABOUT
DISTRACTION?

Answer 1: What was the question?

Answer 2: See how that works. It's like magic.

WHY DO WE REFUSE TO
CONCENTRATE ON
UNINTERESTING
THINGS?

Answer: Since ADHD is really an **intentional** disorder, we actually **mean** to make people as mad at us as possible and frustrate them to no end. (Yes, really, **to-no-end!**) No end. Is. A. Must.

We enjoy the ridicule, the chastisements and most especially the punishment. You cannot join the ADHD club if you do not have the right desire for rebuke. That's why punishment doesn't work. **We live for it.** The harsher the better, and so it's very important that we **do not** concentrate on anything anyone wants us to.

Instead, we purposely concentrate only on things of interest, not because it stimulates our desire, but to do otherwise would put us in good standing with teachers, the law and even worse, our parents. We can't do that. Absolutely not. It's against club rules and would invalidate our pact. Yep. You knew it all along. We do have a pact.

ARE WE STUPID?

Answer: That's an interesting question. Let's consider it.

According to mainstream public belief, we have fooled parents, teachers, doctors, the world's leading scientists and even government health agencies to believe that ADHD is a genuine disorder.

Let's face it. Anyone who can fool all of the above is, in fact, **genius!**

THE BEGINNING

See, I've only answered a few questions and have finally *set the record straight*. As straight as a circle. So yes, those who claim ADHD is a myth are absolutely right. We really are choosing to engage in annoying and self-limiting behaviors on purpose. We like it. Who wouldn't? Suckers.

We're either born into the conspiracy or recruited in kindergarten. We make a *covenant* (it's a cooler version of a *pact*), committing to never change, and instead must constantly **act** like we **want** to change and misleadingly publicly say that we **hate** ADHD. I hate it! I know. Brilliant.

Our true purpose? **World domination!** Duh.

For revealing our secret, I must now move to a non-ADHD island off the coasts of Normal and Average. As with *all* conspiracies, the ADHD conspiracy does indeed exist. I've stripped it. Exposed it. It's naked.

If you are interested in joining our club because you were not born into it, you must do so in kindergarten. Any later and there is no acceptance. Nope. None. Those who are diagnosed late have used the memory wiping device on their kindergarten years and *forgotten* they did so! Using the device is certainly risky, but well worth it.

We like risk. "Why?" you ask. It's all about deception. We strive to perplex. And, let's be honest, it shows off how cool we are.

ADHD IS THE NEW
COOL!

Our behaviors are priceless and unique to each of us, even though we often relate so closely to one another.

(That is bizarre. I admit it. But it's true.)

It's our fantastical qualities, really, that have gained us so much attention and adoration. The world is jealous of us! Everyone wants to be like us, so they, too, can say that they have ADHD and *get away* with their misdeeds, forgotten appointments, repeated mistakes and catastrophic communication blunders.

And, obviously, to be cool.

Truth is that they are Far Off Wrong, as wrong as wrong can get, if anyone believes we get away with *anything* because we have

ADHD.

The fact that I must take strides to debunk the myths of ADHD
in such **ridiculous, ludicrous, preposterous,**
but strangely enjoyable ways, is sad.

Sad in the way of:

“You really think we do this crazy stuff on purpose?”

PASS THIS ON.
HELP SET THE RECORD
STRAIGHT!

ADHD IS REAL!

ADHD International Consensus Statement:

““ The U.S. Surgeon General, the American Medical Association (AMA), the American Psychiatric Association, the American Academy of Child and Adolescent Psychiatry (AACAP), the American Psychological Association, and the American Academy of Pediatrics (AAP), among others, all recognize ADHD as a valid disorder. While some of these organizations have issued guidelines for evaluation and management of the disorder for their membership, this is the first consensus statement issued by an independent consortium of leading scientists concerning the status of the disorder. Among scientists who have devoted years, if not entire careers, to the study of this disorder there is no controversy regarding its existence.

We cannot over emphasize the point that, as a matter of science, the notion that ADHD does not exist is simply **wrong**. All of the major medical associations and government health agencies recognize ADHD as a genuine disorder because the scientific evidence indicating it is so is overwhelming.

Excerpt – Signed by 75 leading scientists worldwide.

About: This has been a very short excerpt of Bryan Hutchinson's peculiar book:
10 Things I Hate about ADHD – Extended Laughing at Distraction Edition!

Bryan has procrastinated on publishing the extended edition of one of the most downloaded ADHD eBooks because he is lazy as hell, but keep checking his [website](#), it should be published any year now. Seriously. Well, *hopefully*.

Until then, join thousands of your adult peers with ADHD, parents of children with ADHD and professionals for much-needed support on the ADHD social network [ADDerWorld](#)

And feel free to pick up one of Bryan Hutchinson's books about life with ADHD. They are worth it. So it is claimed. **You** decide. They became bestsellers for his publisher and *ADDitude* magazine chose a brilliant one as the editor's pick! Now, of course, Bryan thinks *ADDitude* is the best magazine ever. Well, until perhaps *The New York Times* picks one. Yep. He's that easy.

Who is Bryan Hutchinson ?



Bryan is an adult with ADHD and the author of **too many** books about life with ADHD including the highly acclaimed, bestselling *One Boy's Struggle: A Memoir*. He is the founder of the ADDer World ADHD Social Network and writes a personal blog of the same name.

Bryan is sometimes humorous and sometimes serious, but he's always insightful, positive and enthusiastic. (And he thinks he's cool!) He is humanizing the depiction of ADHD one word at a time. He believes every person is special and unique. He was hit on the head as a child, too. Just something to consider.

Connect with Bryan:

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SHARE IT

If you clicked to this page then the odds are that you have ADHD or you know someone that does. It's okay, this eBooklet is like a car crash. You just can't stop watching, well, *reading* in this case. So **share** it.

Here are some ways to share it:

Email it – Post to Facebook – Twitter it – Blog it

You can find an online link at this [blog post](#). When visiting the link feel free to leave feedback and ideas as to how others can share it, too!

The only request is that you do not charge for it or change it in any way.

Disclaimer: This short free eBooklet has been a **parody spoof**. A travesty, really. Nothing more and nothing less. If you believe you might have ADHD, please seek out an ADHD specialist. All jokes aside, ADHD is a very serious and treatable disorder. You are free to share this free eBooklet as a whole, in its entire original form only please. This eBooklet cannot be sold unless authorized by the author. Bryan is just another guy with ADHD.

[For a very different reality to ADHD read *One Boy's Struggle: A Memoir – Surviving Life with Undiagnosed ADD*.](#)

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