



# **BORN LOSERS OR LEADERS? A Positive Spiritual Perspective on ADD**

*Jerry Seiden*

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## **BORN LOSERS OR LEADERS? A Positive Spiritual Perspective on ADD** Jerry Seiden

Spirit of Hope Publishing announces the release of its newest book **BORN LOSERS OR LEADERS? A Positive Spiritual Perspective on ADD** by author Jerry Seiden, M.A. The book brings a new perspective to the topic of Attention Deficit Disorder (ADD or ADHD). Author Jerry Seiden, a pastoral counselor and prolific writer, seeks to lift attitudes about ADD to a more positive and spiritual place. He believes that the negative labels and perceptions about ADD damage the children and adults who are diagnosed with the condition.

Jerry Seiden admits that **BORN LOSERS OR LEADERS?** has an attitude and an edge. Still, the book is full of basic information, clinical insights, and historical perspectives into ADD. Seiden notes the work of Daniel Amen, M.D. (author of *Healing ADD*) and the immense medical contributions by David E. Comings, M.D. and The City of Hope Hospital (see [www.HopePress.com](http://www.HopePress.com)). The book builds upon current concepts, but goes far beyond the “disorder” paradigm. The main body of the material explores the “differences” possessed by those labeled ADD.

The author describes the many positive traits that experts have long noted in those with ADD (e.g. intelligent, creative, intuitive, resourceful, flexible, change agents, and willing to risk). Then Seiden goes all the way back to the Greek philosopher Plato and his famous written work *The Republic* (from the 4th century B.C.). The author describes the slice of society that Plato suggested were the true leaders (philosopher-kings)—Plato called them Guardians. Seiden compares the many traits of ADD with the characteristics of Plato’s Guardians. He suggests that perhaps the design of creation allowed for a unique difference in the real leaders—those like ADDers who are abstract, sensitive, artistic, spiritual, and mystical. The book describes the author’s personal struggles and spiritual discoveries about ADD. It is also full of many inspirational stories and uplifting perspectives that will encourage and enlighten any reader. But most important, the book gives readers practical ways to move from the “loser-label” and low-self esteem to a new attitude and appreciation for the “ADD-difference.”

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People live in this new day of lifestyle always make an effort to and must have the time or they will get wide range of stress from both way of life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to anyone of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative with spending your spare time, the book you have read is definitely BORN LOSERS OR LEADERS? A Positive Spiritual Perspective on ADD.

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