

Transforming ADHD Symptoms into Superhuman Hyper-Focus

These days when someone can't focus or gets easily distracted they sometimes label themselves as having attention deficit disorder (ADD). Some even go as far as talking to their doctor and end up being prescribed stimulant drugs like: Adderall, Ritalin, Dexedrine to control their symptoms. One attention deficit hyperactivity disorder (ADHD) "sufferer", Tellman Knudson, uses and teaches natural techniques that transform those so called weaknesses into enormous advantages for productivity and focus.

Brattleboro, VT ([PRWEB](#)) September 20, 2006 -- Some people have trouble focusing or describe themselves as easily distractible they may be experiencing some attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD) symptoms. Does this mean that they need to take stimulant medications like: [Adderall, Dexedrine, or Ritalin](#)? Maybe for some, but most don't need them. For most people with Adult ADHD symptoms some simple mindset changes and techniques are more than enough to transform those weaknesses into traits that will help them become extremely successful and productive. These kinds of mindset changes are exactly the type that Tellman Knudson, a respected and certified hypnotherapist and neuro-linguistic programming practitioner, teaches.

"I have [adult ADHD symptoms](#) or traits as I like to refer to them. In fact I have every Adult ADHD trait you could think of, but it's the reason that I'm successful, and it's the reason that you can be successful. But I would take it a step further and say, 'Every single weakness, every single thing you don't like about yourself, that you think is holding you back, that you think is holding you down, whether it's related to adult ADHD traits or not, I can teach you how to use them as strengths, every single one,'" said Knudson.

It's said that ADD/ADHD people have been found to be up to 20% more intelligent than just the normal person. Also that people who suffer from [attention deficit disorder](#) traits do have the incredible capacity to become hyper-focused on things that they find interesting. So the challenge ADD people face is ridding themselves of distractions and getting to the point where they can focus all their attention and energy on the things they are interested in.

"There are two things people with Adult ADHD should ask themselves. Do you want to be more focused on the things that are normally a distraction, the things that you procrastinate on -- or would you rather just not have to do them at all?" asks Knudson.

One key concept that allows ADD folks to become more productive is to simply outsource the things they don't like and shift their focus on to things they are truly interested in.

There are all sorts of different subjects, ideas, hobbies, and areas of interest that people with Adult ADHD symptoms have. And when they're thinking about those things, then they can focus better than anyone around them. They can focus exclusively for hours on end.



"That's what we call hyper-focus, when the [Adult ADHD](#) brain becomes so focused that you don't notice anything else around you. Some people might say you're spacing out. You're not spacing out. You're totally focused like a laser on whatever you're thinking about. Because you're interested in it." said Knudson.

Tellman Knudson is the CEO of Overcome Everything Inc. as well as a respected and certified hypnotherapist and neuro-linguistic programming practitioner who's helped hundreds of people in his one-on-one practice to control and actually benefit from their ADHD symptoms.

To learn more about Tellman and his unique alternative ADHD treatments visit InstantADDSuccess.com and sign up for his free ADHD "Tip of the Week" which is packed with practical tips and strategies anyone can use to transform their ADHD traits into superhuman focus and productivity.

Contact:

Sarah Knudson, Assistant
Overcome Everything inc.
139 main street, Brattleboro, Vermont 05301, US
888-563-1163
<http://www.instantaddtest.com>

###



Contact Information

Sarah Knudson

Overcome Everything Inc.

<http://www.instantaddsuccess.com>

888-563-1163

Online Web 2.0 Version

You can read the online version of this press release [here](#).

PRWebPodcast Available

[Listen to Podcast MP3](#) [Listen to Podcast iTunes](#) [Listen to Podcast OGG](#)