

# WAKE UP

ARE YOU WITH ME?

I **WAKE UP** and it starts: The questions. The ideas. The needs. The aspirations. The cotton-balls inside my head. Sometimes the deluge hits even before my eyes are open. I have no idea how I'm going to get through this day. The only thing I'm sure of, is that I've got to have a cup of coffee. After that it's anybody's guess.

I don't work a 9 to 5 job so I don't have a routine, which is both good and bad for someone like me. The good part is the freedom to do what I want. The bad part is the freedom, because I want to do everything, all at the same time, and nothing, because it's all just too much.

Sometimes my coffee is a "power-up" that launches a pretty successful day. Sometimes it's just a hot cup of anxiety and guilt, because instead of sitting here drinking coffee, I should be...

I should be...

Wait, how long have I been sitting here? Don't ask

where my mind was -- it's too embarrassing. And I know myself well enough to know that if I don't go to the gym first thing, I won't go at all. Screw the meditation: I promised myself I'd go to the gym this morning, and I just can't stand to let myself down. Again.

Before I put my sweats on, I might as well try on that new sundress (even though it's mid-winter). Too small. Shit. I rip it off and see my beading set on the shelf. I string two little beads and -- what am I doing? I'm standing here, naked, doing crafts? Of all the ninety-eleven things on my to-do list today, naked crafts is not one of them. What time is it?

I could save time by just walking in the neighborhood. Actually, I should really get a treadmill. I could even set up a treadmill desk. I know there's tons of used exercise equipment on Craigslist. I grab my computer.

No! No, no, no! Can I just go back to bed and start over?

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Are you with me? Maybe you know you have ADHD -- between 4 and 8 percent of American adults do. Or you might have one of many common conditions that mimic it: sleep deprivation, hormonal changes, Internet addiction, or nutritional issues. The outcome is the same: foggy thinking, distractibility, getting sidetracked by impulsive ideas, and

serious difficulty managing your time, money, or belongings. For now, we'll use the term "ADHD" to refer to these challenges as a whole.

ADHD isn't a disease, even when it feels like one! It's a collection of normal, positive human traits that everyone has to some degree, and in some situations -- detailed awareness of your surroundings, "out of the box" thinking, deep focus in a flow state that transcends time, instant synthesis of related ideas, and an attraction to novelty and excitement. Human nature, right?

But when the frequency, intensity, and unpredictability of these traits cause problems in your day-to-day living, you get behavior that is out-of-order -- that's why they call it a "dis-order!"

Whether you're dealing with electronic-age brain, mommy brain, PMS, menopause, grain-brain, or certifiable ADHD, the challenges look alike, and the tools in this book are going to help you get a grip on your life.

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## **DON'T BE DISCOURAGED!**

Seeing your issues all piled up may make you discouraged.

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Don't be! You can deal with these problems head-on, and start achieving the results you know you're capable of.

How much more peace will you have in your day, with a trusted system to back you up? How much more creative can you be, when you're not blocked or sidetracked every five minutes? How much more will you enjoy your family and friends when you're not running on empty, but free to be there for them 100 percent?

Whether your trouble spots come from media overload, hormones, food intolerance, or clinical ADHD, the tools you've learned here will create balance, peace, and positive movement in your life.

You need support and accountability to make life changes -- Tell a friend! Maybe you know someone else who needs this book, too. Use the Amazon share links to tell your friends on Facebook, Twitter, or email!

Have you found a new tool to move forward? Are you excited to try these techniques and create more peace and success in your life? Leave a review on Amazon, and help spread the word.

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