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Faster Than Normal Turbocharge Your

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Faster Than Normal: Turbocharge Your Focus, Productivity ...

In Faster Than Normal, Shankman shares his hard-won insights and daily hacks for making ADHD a secret weapon for living a full and deeply satisfying life. Both inspiring and practical, the book presents life rules, best practices, and simple but powerful ways to: Harness your creative energy to generate and execute your ideas

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Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain Kindle Edition by Peter Shankman (Author)

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In FASTER THAN NORMAL: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain, Peter takes you step-by-step through the process of finding your hidden potential. Persona Peter Shankman does something rare in his speaking about the diagnosis of ADHD, and that is that ADHD is not diagnosis at all.

Faster Than Normal: Turbocharge Your Focus, Productivity ...

Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain Audible Audiobook – Unabridged Peter Shankman (Author, Narrator), Bernie Wagenblast (Narrator), Edward Hallowell - foreword (Author), 4.7 out of 5 stars 131 ratings See all formats and

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Faster Than Normal Turbocharge Your Focus Productivity And ...

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Faster Than Normal: Turbocharge Your Focus, Productivity ...

Faster than normal : turbocharge your focus, productivity, and success with the secrets of the ADHD brain. [Peter Shankman] -- "A refreshingly practical and honest guide that rewrites the script on ADHD Peter Shankman is a busy guy -- a media entrepreneur who runs several businesses, gives keynote speeches around the world, ...

Faster than normal : turbocharge your focus, productivity ...

Shankman offers many tips for boosting your productivity, in his most recent book, Faster Than Normal: Turbocharge Your Focus, Productivity, and Success With the Secrets of the ADHD Brain.

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Shankman photo Peter Shankman, entrepreneur and author of the forthcoming book, "Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain." Some people sleep in the buff. Others wear their partner's flannel shirt as they count sheep.

Peter Shankman on The Life-Changing Benefits of Sleeping ...

About Faster Than Normal. A refreshingly practical and honest guide that rewrites the script on ADHD Peter Shankman is a busy guy — a media entrepreneur who runs several businesses, gives keynote speeches around the world, hosts a popular podcast, runs marathons and Iron Mans, is a licensed skydiver, dabbles in angel investing, and is loving father to his young daughter.

Faster Than Normal by Peter Shankman: 9780143131229 ...

Faster Than Normal; Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain By: Peter Shankman, Edward Hallowell - foreword Narrated by: Peter Shankman, Bernie Wagenblast ...

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Peter Shankman is an American entrepreneur and author. He is best known for founding HARO (Help A Reporter Out). His new book is Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain.

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