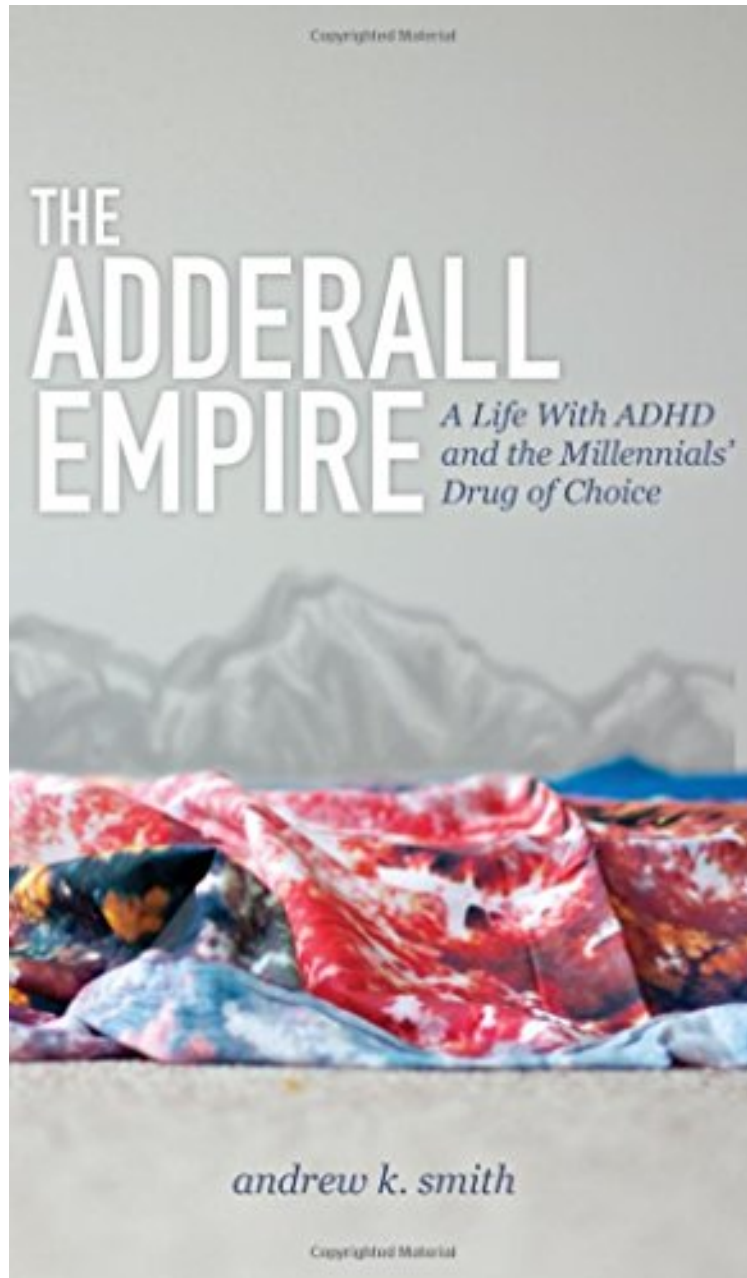


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# The Adderall Empire: A Life With ADHD and the Millennials' Drug of Choice

*Andrew K. Smith*

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#949554 in Books 2014-07-01 Original language: English PDF # 1 8.00 x .40 x 5.00l, .44 #File Name: 1614488924180 pages | File size: 62.Mb

**Andrew K. Smith : The Adderall Empire: A Life With ADHD and the Millennials' Drug of Choice** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Adderall Empire: A Life

## With ADHD and the Millennials' Drug of Choice:

0 of 0 people found the following review helpful. Salinger in the making, or Holden Caulfield as an author? By MJ C. The book is an honest narrative of the Smith's experiences on and off medications for his ADHD. By saying "honest," it did sometimes include parts that were rather surprising to learn about the author, pieces that were at times a bit confusing as to why the author would have included in the book. However, as the book draws to a close, all the fragmented (and seemingly irrelevant) parts magically come together, seamlessly directing the readers to the main message of the book--this can only be done by a highly skilled writer. The work is an extremely easy read, but that is not to say that the topics dealt in it are as light and undemanding by any means; rather, it is the opposite--the level of candor in dealing with quite serious (and sometimes hilarious) subjects is simply astonishing. The book strongly reminded me of Holden from *The Catcher in the Rye*, filled with angst and confusion that is often synonymous with coming-of-age. Overall, I highly recommend this book. For readers who have had close relationships with ones who deal with ADD/ADHD, it will be a reminder of the daily battles and struggles people with those conditions (after reading the book, I am reluctant to even call it a 'disorder' after all). For those who do not have any direct experience with it, Smith's work will be a good beginner step to gaining insight into the mysterious, often gossiped, and much too stigmatized world of *The Adderall Empire*. 1 of 1 people found the following review helpful. Best read I have had in a long time and surely the most relatable. By Daniel Never have I related to a book more than this one. I got it because I was looking for a book for my case study in a psychology class of mine at university and it was a great decision. At first I didn't know what to expect but the book drew me in quickly. I was diagnosed with pretty severe ADHD earlier on in my life while in grade school and immediately put on medicine. Didn't really matter what I wanted. I always have disliked the feeling I had with it. In a way I kinda lived out my past a bit with this book. When I have the money I will be buying a physical copy of this book because I would love to add it to my collection. Thank you to Andrew Smith for sharing his life. 6 of 7 people found the following review helpful. Riveting and Informative Read By Erin Hawkins This book reflects on the impact Adderall has on the author's mind and the double-edged sword of the medication. More focus but less personality. It covers the author's elementary school years through college and many of the pranks and difficult situations he encounters. It is a part amusing and part serious chronicle about the author's experience with ADHD and the drug Adderall. The early shenanigans are a great read and reminiscent of Roald Dahl's, adventures in *Boy*. The adolescent years turn more serious and remind me of Holden Caulfield angst, in *Catcher in the Rye*. Either way, you will want to keep reading to find out more. It also reads very much like a private diary. Some parts are very personal and feel intrusive, almost like you should put it away and not invade any longer. But of course you keep going to find out what will happen. The author succinctly documents the effect of Adderall in his life and other alternatives that had positive results. It is an important read for anyone interested in the study and impact of ADHD. It is also at its core simply a great and entertaining read. Thoroughly enjoyed it!

Andrew K. Smith's hooligan pranks and social impulsiveness paints a picture of Attention Deficit Hyperactivity Disorder (ADHD) before medication, and it would seem that the little orange pills could cure his mischief. But readers will furrow their brows as they enter *The Adderall Empire*, traveling with Andrew K. Smith through the chemically conflicting mind states. Is working-memory training a feasible alternative? Readers will beg for the answer, hoping Andrew stops getting into trouble before his parents disown him or he winds up in jail. Again.

About the Author Andrew K. Smith is a Pacific Northwest native through and through. He grew up in Edmonds, Washington, but spent his undergrad years across the mountains at Washington State University studying English and creative writing. The literary and arts journal *LandEscapes* published both his fiction and nonfiction works there, and in 2013 he received an honorable mention for the Sarah Weems Award in creative nonfiction for an essay-length version of *The Adderall Empire*. Andrew worked part-time as a writer for Camp Korey, a summer camp for children with life-altering medical conditions.