



# **A Bird's Eye View Of Life with ADHD and EFD ...Ten Years Later**

*Chris A. Zeigler Dendy, Alex Zeigler*

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A Bird's-Eye View was written specifically as a survival guide for teenagers and children by twelve teens who are living with ADHD and for some, deficits in executive functions. This third edition uniquely provides a ten-year update on 11 teens that were featured in the original book. Today, their careers range from teacher, to a chef, bandleader, music major, artist, army reservist, assistant to a hospital ICU director, and college students. These young people offer the best kind of advice based upon first-hand experience. But best of all, teens and their families are given a sense of hope that they too will survive this sometimes, overwhelming disorder.

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