

A Guide to Life as an Adult

Reviewed by Susan Buningh, MRE

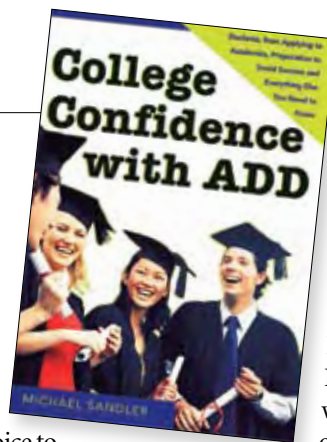
Four summers ago, Michael Sandler became known as the young man with attention deficit disorder who bicycled 5,000 miles across the USA to raise awareness of AD/HD. He began in Portland, Oregon, and finished in Washington, DC, where he spoke with members of Congress. As he traveled, Sandler began to contact the press before he reached each destination, thereby increasing media coverage of his journey and bringing his message of hope and inspiration to thousands.

Nearly two years later, while writing *College Confidence with ADD* (Sourcebooks, 2008), Sandler was training for a cross-country skate—again to raise hope and awareness about the treatable disorder—when he was badly injured in an accident. A young child

darted directly into his path, and Sandler faced the choice of injuring the toddler or risking himself.

A long recuperation followed his choice to “hit the deck,” as he puts it. As he healed, he discovered a knack for nature photography, rewrote the entire manuscript of the book, and took up running ten to twenty miles per day—barefoot, his two dogs at his side.

So if anyone can inspire and encourage young adults with AD/HD, it would be Michael Sandler. *College Confidence with ADD* is not only a guide to postsecondary education, however. Sandler loaded its sixteen chapters with enough general tips, advice, charts, and anecdotes to qualify the book as an adult life manual. Printed purple tabs mark the right edge of each page with the topic covered, giving readers an easy way to



locate desired material. Readers are assisted as well by the book’s use of bold print, text box-

es, color graphics, and so forth.

Sandler tells his own story in the chapter titled, “Succeeding with ADD.” While he earned a bachelor’s degree in political science and two master’s degrees, one in business and the other in computer science, he claims he found his true life calling in “the process of learning how to achieve at a high level with ADD.” Overcoming his own challenges propelled him into a successful career as a coach, public speaker, and author. He founded the Creative Learning Institute, based in Boulder, Colorado. Now *College Confidence with ADD* offers Sandler’s contagious hope to a broader audience of young adults affected by AD/HD. ●