

A photograph of two young children dressed as superheroes. The child in the foreground is wearing a blue mask and a red cape over a blue shirt. The child behind them is wearing a red mask and a red cape over a blue shirt. They are both looking towards the camera against a clear blue sky background.

Transforming  
ADHD

# MANIFESTO:

TRANSFORMING ADHD  
FROM THE INSIDE OUT

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# **MANIFESTO:** TRANSFORMING ADHD FROM THE INSIDE OUT

By Anders Rønnau

As a parent to a child with the ADHD or ADD diagnosis, you know how hard it can be to help your child through his meeting with the traditional system. And there's a reason for that. You have a differently wired child that needs a differently wired system to thrive.

I want to tell you a story about how your child can transform his challenges and his ADHD and set himself free. And I want to invite you on a journey that will help transform your child's future forever.

Since 2007 I have seen hundreds of children, teens and adults with the ADHD diagnosis - and their parents. Throughout it all I have wondered why the conventional system would call their behavior a disorder or a disability, when so much can be done to transform not only their behavior but also their thoughts,

emotions, beliefs, identity and self worth.

***Most of the people I have helped have not been broken by "ADHD". They have been broken by the response that the system, the specialists, and often their teachers and parents have given them.***

The kids do not have a disorder or a disability. They are differently wired, and that has been considered wrong. The paradigm has been to

help them become normal. But these kids are not normal, and when we try to make them normal, we hurt them. If we tried to push organically shaped pegs into square holes, we would break them. But square is not interesting, nor is it attractive. Broken and not quite square is even worse.



When we try to make them normal, we try to take everything that is special and creative and innovative and extra-ordinary about them away from them. These kids are the future innovators and artists and may change the course of history because they are not bound by the same paradigms that are creating today's problems.

***We shouldn't take away the fire in their bellies - along with their self worth.***

Instead we can acknowledge that they are differently wired. And when we do that, we can celebrate them being extra-ordinary. When you do that, you set the child free. Free to become himself. Free to explore and create meaning in the World.

I hope that you will join me and other parents of children with the ADHD diagnosis on a journey that will transform your child, you as parents and the family as a whole.

I promised you a story.

My first ADHD client in 2007 was a 40-year-old male. When he called

to ask if I could help him with his ADHD, I had no real idea what ADHD was, so I invited him in for a free session to see what we could do.

John was in a bad spot. His girlfriend had threatened to leave him if he didn't change his ways at home, learn to listen to her, and start making some money. So he came to see me.

His first issue was time management. As I dove into the existing research on ADHD, I realized that time management challenges was a common issue for people with ADHD, but also one that was considered to be impossible to fix with medication

My client told me about the challenge of getting out the door to get to his spinning class. When I asked him how he prepared to leave and get to the gym on time, it quickly became clear what was going wrong. As he described his routine— "I need my bag and my bicycle and my shoes and my club card and to get there 10 minutes before the sessions starts and my socks and..."— while waving in random directions, I realized he had

no mental strategy for planning his departure. He needed support developing his executive functioning.

If you think of someone who has "all her ducks in a row," you'll notice such a person will often move her hands horizontally or vertically in a sort of chopping motion, indicating that something is actually mentally in a row. John didn't.

***As he explained his approach, his hands were all over the place. It was obvious to me that his cognitive strategy for planning was inappropriate for the task.***

We started addressing the issue, and after this first free session, I decided to offer him another six months for free. He could present me with any imaginable problem related to ADHD and I got to bring out any tool I had in my toolbox.



A few weeks later when he came in for his fourth session, he was on time. He told me he'd also been on time for his training sessions. When he talked about his planning, his hands were out in front of him and he was pointing to an imaginary timeline. While illustrating where things were on the timeline, he explained his process:

“I had to be ready in the training room at nine, but in order to check in ten minutes before and be dressed before checking in, I had to be there fifteen minutes before nine. The door-to-door bike ride is twelve minutes so I had to get out of the door twenty-seven minutes before nine. In our last session, we talked about how much time I needed to pack my bag before leaving the house, and I wasn't sure so I decided to pack the bag the night before.”

When he told me he'd packed his bag the night before, I got chills.

He had taken the cognitive strategy I'd shared with him and used it to be more flexible in his tasks.

Was it really possible to do what no amount of medication was able to do?

Continuing our work together, he was able to remember arrangements, appointments, and birthdays, bring everything he needed with him when he went out the door, harness his enormously powerful creative energy, finish his



business projects, find companies to produce his projects, and gather a board of directors to help him get his company moving in the right direction. His journey of transformation had begun and he had made significant progress.

When we wrapped up our six months of coaching, he reflected on what he considered to be his biggest achievement—taking notes at his latest board meeting while actually paying attention and being a part of the meeting.

***I was still thinking about that first gym bag he'd packed the night before... the proof to me that this was worth pursuing.***

I was so curious about ADHD because everything I had read about ADHD was focused on the behavior. None of it was about the mental strategies that drive the inappropriate behavior. None of it was about what was going on inside. And all my training was about how to help people transform from the inside out.

After the success with my first ADHD client, I sent a message out to my network, sharing this experience and letting people know that I was willing to work with anyone willing to trust me with their minds. In response, a lot of people in my network revealed their struggles to me, struggles that I had been ignorant about. And suddenly I was exposed to the tremendous pain so many wonderful and generous people were living with in their everyday lives.

Why didn't they get qualified help? The books had already told me that traditional thinkers were looking to solve ADHD challenges through medication and outside-in thinking, both of which are imprecise and not very effective in the long term. And there I was with an inside-out approach that had worked on one person.

***It felt like the entire system was only treating the symptoms, while I was trying to understand if we could address the root causes of the behavior and transform it entirely.***

I was on a mission to prove or disprove that my approach was precise and effective in the long term. And more importantly, that it could transform lives.

One of my next clients was Michael, an eight-year-old with four diagnoses: ADHD, Asperger's, OCD, and Tourette's. He was not functioning well in school and his tics were disturbing to himself and everyone around him. When we first started working together, he had an attention span of less than twenty seconds. After that, he'd physically move out of his chair, sit on his mom's lap, dive under her chair, test the stability of everything in the room, write on the whiteboard, attack his mom, dive under the chair again, and then return to his seat to get the next question from me.

By the fourth session, he was fully engaged in our work together and didn't even notice that we went over time in order for him to finish the drawing of the monsters inside of him and the transformation he was putting them through.

17 months and 14 sessions later, Michael was now ten years old, and his mother reported that his teacher had called him a model student. He was quiet in class, curious, only spoke when allowed, and was top of his class in most disciplines. And he had written and (with his mother's help) published two crime novels.

And while his mom actively supported him throughout the entire process, he did the actual

work of transforming himself. No one wanted him to be normal—they wanted him to be himself, but in a more mature and harmonious way. They got an incredibly powerful child out of the process.

Imagine being a ten-year-old with two books on the shelves in your local bookstore.

Imagine where that creativity can lead a child. Then compare that to where he would be today, five years later, had he not gone through that transformation.



When I first started coaching, my mission was to inspire positive change. I never imagined I would be called to work with children, teens, and adults with ADHD. But after working with Michael, I felt like I didn't have a choice anymore. The prevailing thinking in many of the books I read about ADHD was that medication was the only real solution.

Yet I had approached ADHD using mind training alone and witnessed remarkable and permanent transformations in my clients, albeit in a very small sample group. I knew from that day on, that ADHD would be my primary focus—I had to bring this to every person in the world who was struggling with the challenges that can result in the ADHD diagnosis.

Every time parents brought in their child, I would see, hear, and feel the frustration, anger, sadness, and pain. The pain of feeling like they had failed the child in some way. The pain of knowing that the child was trying really hard, yet unable to correct his or her ways. The pain of being let down by a system that did not value their child.

***And the pain of being looked down upon as a parent—by other parents, by their own parents, by people in the street, in shops, in schools, and even by professionals.***

In 2010, after 3 years working with ADHD clients, I'd had so many parents asking the same questions over and over again, trying to understand their child. Wanting to help their child. This resulted in a two-day parenting course to help parents understand their children and teach them how to encourage the same type of transformation in their own children that I'd experienced with my clients. To get them started on a journey of transformation.

During those two days, the parents would get insights into what is going on in the minds of their children and get methods and tools to help themselves and their children transform from the inside out. They would pair up and test the methods by working through their own intense emotions like anger or frustration, so that they had experienced the transformation in themselves

before bringing it into play at home. The feedback was awesome.

When applied at home the methods transformed children, parents and families resulting in fewer conflicts and tantrums, easier conversations about rules and expectations, and in several cases even phasing out of medication.

You and the parents I'm describing are probably very much alike, struggling every day to steer clear of conflicts and still ending up massively overspent at the end of the day; working your butt off to support your child only to find that the help he's getting doesn't serve him; researching solutions in the



wee hours of the morning only to find more of the same rehashed traditional advice that probably works well with “typical” children.

I know how difficult it is. You’re tired of feeling like a failure as a parent. Frustrated with other people devaluing your child. Sick of the ignorant advice well-meaning people give you. And overwhelmed by both the “forbidden” emotions, - and by the love you have for that wonderful and strange little creature you’ve given life to, and for whom you will do anything to help provide a better future.

***This is exactly why you are an awesome parent. You know that in order for you to effectively help your outside-the-norm child, you need to think outside the norm.***

You’ve realized that the help you’re getting from traditional thinkers is not the help you were looking for. Because it’s not helping your child become who your child really is, and it isn’t set up in a way that

empowers the both of you together.

I have known so many parents who are exactly where you are now. Frustrated and tired, but awakening to the possibilities that lie ahead. I’ve seen the surprised

relief of a mother realizing her son is able to transform his anger into personal power. I have seen a mother cry when she saw her teenage son transform the part of him that hated school into motivation to be there and do well. I have looked into the eyes of a



mother who watched her son transform all the excess energy in his system into mental power, so he could focus instead of fidget.

I have seen what happens when literally every aspect of ADHD is transformed into something positive and powerful. And that is where the power of Transforming ADHD from the inside out comes into play.

When the child transforms from the inside, there is no battle with behavioral change, and no reward systems that eventually fail miserably. Instead there's curiosity, acknowledgement, accept, trust and more room for love.

It makes the child feel more whole, and it makes you feel like you are on a successful mission to create a fully capable and ultimately successful (in his own terms) human being.

***My vision is that every parent to a differently wired child is able to help the child transform the undesirable behavior from the inside out so it becomes easy to be differently wired.***

That you are able to help your child transform from the inside out.

Imagine what would happen if you had the insights you need to fully understand what is going on inside your child. Imagine the two of you developing the closeness and language to talk about what is really going on, what motivated the undesirable behavior, what drove the bad language. And imagine the two of you doing this while on an exploratory mission to transform all of it into whatever you want.

Imagine a future where you can go

through a full day without conflicts, and then imagine the days beyond when you realize that daily conflicts are a thing of the past. Can you imagine that kind of relief? When you can really feel that change, you'll know that it's not only the child who is transformed—it is the present and future life of every member of the family.

Then imagine the cognitive transformations that follow when a child has the opportunity to rebuild his self-worth and curiosity about learning and growing. And imagine the rapid-fire focus that used to be, turning into a steady flow of focus. Now your child is capable of learning and becoming anything he wants.

This is the transformation I dream of for you and your family.

***Your child is not broken. He does not have a disorder. He's differently-wired. And he has challenges, but challenges we can work with. Challenges we can transform.***

In fact, he will never become “normal” (and why would you want that anyway!). But he can become self-reliant, resilient, and fully functional in the real world. He can become excellent at whatever his special abilities are.

He can become himself in the best possible way, the version of him that feels natural to him. And you might even start feeling that way about yourself too, because you’ll realize you’ve done everything in your power to help him.

The great thing about our brains—differently-wired or otherwise—is that when we run different “software” in the mind, the brain literally rewires to accommodate the change. When you and your

child learn how to reprogram your minds, your child will come out empowered and transformed.

For kids with the ADHD diagnosis, this software reprogramming is not only an easy process, but most children find it entertaining, because it relies on them to be creative and come up with solutions that perfectly fit into who they inherently are. In fact, most of the children I work with look forward to our next sessions so we can play again.

Someone once suggested I call my method of brain rewiring “a pill for the mind, not for the brain.” But that doesn’t feel right.

There is no quick fix—it’s more of a journey.

And on that journey there will be uphill struggles. There will be detours where traditional thinkers will have you go one way, where you’ll go in the opposite direction to protect your child - and enter into new territory. There will be well-worn paths that are no good for your child, where you’ll choose the hard work of beating a new



path where none existed. But with every single step in the right direction, your boots and your backpack will become lighter and your relationship with your child will grow stronger. Hope and motivation builds as the journey becomes more enjoyable.

***I promise you this: The journey will be more empowering, enjoyable and fulfilling than if you opt to stay on the beaten path where your child is uncomfortable and might just sit down and have a fit.***

Choose the non-conformist path. Choose to set your child free.

There is hard work involved, but I expect that since you've read this far, you're ready to do the work. Especially when you can see that it results in a resilient, empowered, learning child with great self-worth.

When you choose to walk this path, you'll be part of a revolution created by parents like you who

dare to ignore road signs that lead in the wrong direction, parents like you who are willing to beat down a new path to support your child.

Are you ready to start your journey and give your child the opportunity to transform from the inside out?

I invite you to join me and other parents raising kids with the ADHD diagnosis on this journey. Together we can keep the energy and inspiration flowing, and together we can create the momentum that transforms ADHD and helps children and families all over the world lead inspiring lives.

Will you raise your hand to celebrate your child with all the kinks and quirks?

Let's get started helping your child express all his awesomeness.

Join us today, right now, and get immediate access to the tools and insights you need to get started on your journey with your child and family - and you'll get an invitation to join us in our private Facebook group to share this awesome journey with like-minded parents on

the same path as you.

***Click here*** to take that first step.

***Do you know other parents who are in a similar situation as you?***

If you are inspired by this manifesto, and if it feels right, - then you can provide enormous help and inspiration to other parents of a differently wired child by inviting them to join us in the revolution to Transform ADHD.

Thank you for taking the time to pay attention to this manifesto in your already full day. I am grateful, and hope that you move on inspired to be the change that you need in your family.

With gratitude,

Anders

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