



Podcast Episode 241
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“How to Turn ADD into an Asset and Get Stuff Done”

David Loy: Hi and welcome to In the Loop with Andy Andrews, I’m your host David Loy. Andy thanks for joining us today.

Andy Andrews: David, hey, I’m excited to be here. Hey, and our sponsor today.

David: Oh yes.

Andy: It’s Tucker ATV. Tucker ATV, for all your ATV needs. They have Polaris, they have, Tucker ATV, on highway 43 North, in Jackson, Alabama.

David: This is fantastic. And I’m laughing because, first of all I’m laughing at myself for laughing, because we’re the least professional sponsor givers.

Andy: Yeah, I’m trying to be like a real radio guy, you know, Tucker ATV, Shannon and Lisa handle all your ATV needs. Actually Tucker ATV is where, I have a Polaris, you know, that we use in the woods, and they’re awesome. I mean, they’re in Jackson, Alabama, and at some point I need to just, we need to talk on the air, I won’t get into all of it today, but they have echo outdoor power equipment, they have Polaris stuff and all the stuff. And people come from everywhere to go there. And it’s really because of Shannon, the guy who started the place and Lisa, his wife, Matt, their son works there. And it’s an awesome place. And people bypass a lot of other places to get there.

David: What I was going to say, you mentioned their location, they’re in Jackson, Alabama, but like some of the other businesses that you’ve talked about previously, this is a group that people will drive miles for. They’ll go way out of their way just to do business with this specific family, with Tucker ATV, because of who they are, how long they’ve been around and how great they perform.

Andy: Yeah, and honestly, I know we've got another question here but at some point, I want to do, I'll do a whole podcast and I need to like do my research and figure out, because this place, this place is where I actually bought my Polaris, and they're two and a half hours away from me. But I went there because I met Shannon and Shannon and Lisa Tucker and that's a story I'll tell you some time because it's very interesting thing.

David: Well, we're thrilled to have Tucker ATV on board. If you're in the Jackson area or really anywhere, and you're interested in this, check them at tuckeratv.com, you'll figure out exactly who they are and what they're doing. But they're great group of folks.

Andy we've got another outstanding question that came in from Larry in Nashville. We're just going to jump right into it today. I think this is fantastic. First of all Larry is a consistent listener, always listening, every week, so Larry thank you for joining us each and every week. And thank you for sending in this question. He says, Andy, like you, I have had an issue with ADD. How do you stay focused to read, write and accomplish so many things as successfully as you have, with ADD? By the way, I listen to the podcast weekly, I've read almost all of your books and *The Heart Mender* is my favorite.

Andy you get that question kind of frequently and it usually is coming from people that are dealing with the same issues or have children that are dealing with the same issues.

Andy: Yeah, that's what it is, it's people with children. I mean, people, adults, who have ADD have generally learned how to kind of deal with it and they generally learned the benefits of it, ok. And so most of the questions that I get are generally from people going, I've got a child, he's been diagnosed with ADD. And I'm like, diagnosed, that sounds bad. And I want to tell, look, your kid won the lottery. Don't be so scared about this, you need to understand some of the great things about it. Now I really believe that there's a lot of perspective in everything. If you want to have, find the best in stuff, you want to have great perspective about it, ok? And so, this ADD thing, and I'm sitting here, I can't believe, as ADD as they come, I'm sitting here thinking of a bunch of different things while I'm talking about how you deal with ADD. But this whole thing of ADD, I believe, number one, that sometimes it's misdiagnosed, ok. I think that people, there are so many

people who are just bla. I think there are so many people who are just like, taram taram, they're slow, and they just move slow. And they think that's the way everybody is. And when they see somebody energetic, oh, something's wrong with you. Well, look, if you look at a list of a famous people or great inventors or whatever and put ADD in the Google, I mean, it's crazy, you know. Justin Timberlake, ADD, Michael Phelps, Adam Levine, you know, the singer, James Cargill, Steven Spielberg, this is of the top of my head, Albert Einstein.

David: And I know that these people are, I really do, I know, I've heard you talk about all of those before, I know these people are in your head because you do deal with this question quite a bit. And it's shocking, maybe it shouldn't be shocking but it is kind of surprising to hear about all these outstanding achievers, these super creative personalities that are dealing with the same thing. And like you said, maybe that should be looked at as a blessing for people.

Andy: Yeah, I mean, some of the actors, Howie Mandel, oh, who's the guy, Channing Tatum has ADD, I think ADD is a benefit for an entertainer, speaker, because it makes you faster. Jim Carrey, ADD, I say it makes you faster, it makes you act faster.

David: And I'm laughing because nobody would argue with you on Jim Carrey.

Andy: And so, here's the way I look at it. If you say you have some issues with ADD, how do I stay focused to read and write and accomplish things? I have to make a choice just like everybody else does. I just make it from a different side, ok. With ADD, I'm active, I want to do something, I want to read something, I can't stand to be bored. If you said, how does it manifest itself in you? The number one way that ADD manifest itself in me is I have a pathological fear of being bored. I got to be doing something, reading something, I want to be reading, watching, talking to somebody. I want to be figuring something out. I see people on airplanes sometimes and I want to get up and go, what are you doing? How do you even exist in our world today? Because I look at them and they'll be sitting in their seat, their eyes are open, they're not reading anything, they're not looking out the window, they're not trying to go to sleep, they're just sitting there. I would run screaming and dive out of the window of the plane or something. I have to be doing something. And so when I say that I make the same choices everybody else does, I have to have the same kind of discipline anybody else does, I just do it

from a different angle. What I mean is, a lot of people are prone to do nothing. They're prone to just relax or sit down and just watch TV or something. They're prone to do nothing. And so they have to discipline themselves to turn the TV off or to get up and go write. Or they have to get up and go make their calls for their company or make calls for their own business or work on something to make their life better. They have to focus and make a choice and discipline themselves to do that. Ok, I do to. It's just that I've got five or six choices going on at once. There's a bunch of things I wanna do but I have to sit down and I have to make myself, ok, I'm here at the computer and I am going to finish this chapter now and I'm not going to Google something I'm all of a sudden interested in. I'm not going to click on to MSN to see what's happening in the news. I'm not going to go to YouTube and see what's trending. I'm not gonna go on eBay and see if anybody has put anything from George Washington Carver's estate on there. I'm gonna write. I have to make a choice from that side where other people might have to make a choice from the side to step up, I have to step back. Does that make sense?

David: Absolutely. And I think a lot of people out there probably including Larry are nodding along, saying that that makes sense to them as well.

Andy: But to me, look, if you have a child that, and I'm, I don't have the hyperactivity part, I don't sit down and go, I have the attention thing, I see everything, I hear everything. In fact Polly will sometimes say, like if we're in a restaurant and she'll say something and I'll say, wait, what, say that again. Or the boys would say something, and I'll go, what now? You know, from Polly's point of view, Polly will say, are you deaf; do you need to get your hearing checked? And I say, no, I can hear, I'm fine, I can hear. And she's like, you're not hearing, you say you can hear but then I say something and you go, wait, say that again. And I said, Polly, I can hear, it's not that I don't hear you, it's that I hear everything. I'm in a restaurant and I heard the noise coming out of your mouth but I also, I'm hearing what that lady is saying right there at the table next to us. I'm hearing what that man is placing as an order. I can tell you what song that is playing on the music, I'm hearing, I can't hear what they're saying but I'm hearing those guys that are kind of loud over there at that big table over there. I'm hearing everything. And so I have to, when I say, no, wait, say that again, what I have to do is the same way, I have to make a choice, I have to go, ok, wait, say it and let me listen to you. Because left to my own devices I hear everything. And that's why in a car, and you know David, you and I've driven around together, other people drive around, they

have a conversation with the music going on, I can't do that. We can either listen to the music or we can have a conversation. But I can't do both because I keep hearing the music and I kind of go back and forth. Now I could do it, I could choose but why am I gonna choose that, just turn the music off. I don't wanna listen to it, I wanna listen to you.

David: Right. And I do think some of this that you're talking about does have to do with first of all being aware of who you are, being aware of your tendencies, but also making a choice each time you sit down or each day, I mean, it's not like you just decided one time to be able to sit down and focus and write and then you never had to make that decision again. This is a daily thing that you have to, that you're battling with, right?

Andy: Absolutely. You may call it battling, I don't really call it battling, it's just living life, I'm choosing to discipline myself one way, you might choose to discipline yourself another way. But I have to do it one way, you have to do it for other reasons. I don't know why you have to discipline yourself. I don't know why Joe Bloke can't just make himself do what he wants to do, just right of the bat. But everybody struggles with that. We just struggle at it from different directions. But I will tell you this, if your child, if somebody, I would be very careful anybody saying something's wrong with your child. Because if you could choose the way a child would be, ok, if you could choose. Obviously what we would choose is bright, smiling face and perfect attention. But what we're choosing there when we want our child to be like that, a lot of times what we're choosing is a well-adjusted adult. Well this is a seven-year-old. And you can't expect a seven-year-old to act like a well-adjusted adult, especially since most of us adults are not that well-adjusted, ok. But to give you some perspective on it, to give you a spirit of gratefulness, if your child has been diagnosed, he has ADD. Ok, what would you choose? I'm not even going with the disease thing, now would you rather them have ADD or cancer? I'm not saying that. I'm saying, how would you choose for your child to act? Because there's a lot of children that they just seem kind of sad all the time. Would you rather them be excited and bouncing and looking at that thing and looking at the squirrel. You know, that's the joke, oh, a squirrel. And so, would you rather your child be that way, would you rather child be sad, would you rather child be that way or for the child to kind of act angry all the time? Would you rather a child be that way or the child to not notice anything? So there's a lot of benefits to being up. There are tons, I mean, the number of leaders that are ADD,

is, or the percentage of leaders that are ADD is off the charts. And I'm not talking about management, I'm not talking about CEO, even though there are CEO's who are leaders. But I'm, not talking about management, I'm talking about a leader. The kind of person that can say, alright, everybody come here, come here, follow me, here's what we're going to do. And everybody will. The percentage of leaders who have accomplished great things leading people that are ADD, is off the charts.

David: That's great. And an issue to explore further Larry, this is a great question. And I'm sure a lot of listeners out there might have follow up questions or stories or I don't know, it just seems like there's a topic that we can dive into a little bit further. But Andy it is always interesting for me and for our listeners to hear what you're going through and how you deal with certain things and how you discipline yourself. And again to remind everybody that it is, it's a discipline, this is a choice, how I'm going to live my life.

Andy: Yeah. Can I say another thing about this? Here's one, Adam, we have two boys, Austin and Adam. Austin is the sixteen-year-old, Adam just turned fourteen. And we always laugh about Austin because Austin, we say, Austin has been forty years old ever since he was six. I mean, he has his own business, he's starting another one, he paid cash for his car when he turned sixteen. I mean, this kid. I never will forget when he was, I mean, when he started talking, he started to talk in sentences. I mean that's just how he started. And I never will forget Austin, two and a half years old, I'm not kidding, two and a half years old, and I walked outside with him one day, and I said, buddy, it's kind of cold out here, do you need a jacket? He said, I don't need a jacket, but thank you for asking. Two and a half years old.

Now Adam is like me. So Adam is like, kind of all over the place. Ok, but a benefit of ADD is that because you're kind of thinking in a bunch of different directions, and most other people think in a very straight line, ok. But because ADD people kind of think in different directions, we connect dots that other people don't even know that the dots were there. And so we can make sense of some things that then we can help other people make sense of. It's funny to me to listen to Adam sometime, we were driving to school one day and we had seen, you know the Catfish, the noodlers, the people who, the grabblers, the crazy people that get in a water with their bare hands. They stick their hands inside hollow logs and stumps and this kind of stuff and like pull out these catfish. And the way they do

it, is they get the catfish to bite their fist and then they close their hands on their gills and then yank them out. Just crazy, crazy. We saw a video the other day of a guy, he didn't have, there were two fingers that he was missing and he was doing that and a beaver bit his fingers off. And of course people have snakes bite them and it's crazy, to me. But in any case, we were going to school one day and we had seen a video that night before, and I said to Adam, can you imagine that, that's just kind of crazy. And he said, yeah, it is. But to me, here's what's really crazy, is somebody had to do that first. Somebody was the first one to do it and they must have been really crazy. And we kind of laughed. And three or four minutes later, Adam had been quiet, and he said, dad, I think I know how that happened the first time. I said, really? He said, yeah, think about this. He said, somebody was like going to make a pier or dock at their pond or on the river or at lake. And so before they put the pilings down, they had to clear out that area, so they were in the water and several of them working, and they try to pull in this old stump or try to pull that jug out, that barrel that was in there. And you know how those catfish get in those stumps, get in those old barrels, and he said, so while they were pulling out, one of those catfish grabbed hold of a guy's hand and a guy is scared to death and he closes his hand and pulls and jerks and as he does it, he's pulling that catfish and he scares him to death. And he's going for the land and he's holding on and they see, it's a catfish. And he gets out to the land and throws the thing of there on the land and almost has a heart attack. And all his buddies are going, oh my gosh, what happened? And he says, oh my gosh. And of course it was the biggest catfish they've ever seen, it's like a thirty-pound catfish. And everybody's going, can you believe that. And then he said, well I was just feeling around in there and I felt something and then all of a sudden he bit down on me. And I just clinched my fist and pulled him out. And he said, and they probably stood around there talking about it for a minute and then looking at a catfish, and they said, we've never caught catfish that big in our lives. And then the guy said, you know, it didn't really hurt that bad, just kind of scared me. And then somebody else said, well it wouldn't probably scare you if you kind of were knowing it was going to happen. And then somebody said, you reckon we could do it again? And he said, I'll bet you that's how it started. And I thought, now that is some amazing dots to connect because that sounds pretty logical to me too.

David: Absolutely, it makes perfect sense. That's terrific.

Andy: Just know, there's benefits no matter what it is that you have or what it is that your child has, there are benefits. Just thank God that you're different, thank God that your child is different. And then find the benefits.

David: Absolutely. Larry, thanks for the question. Andy thank you for your thoughts and your time today. And we're done. So if you want to follow up on this, send us an email, intheloop@andyandrews.com. The phone number again 1800 726 2639, that's 1800 726 Andy, in case you forget, it's easy way to remember. Alright Andy, we will talk to you next week.

Andy: Alright you guys, see you later.

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Would you like to run something by Andy? Contact us and your question might be featured on the show!

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