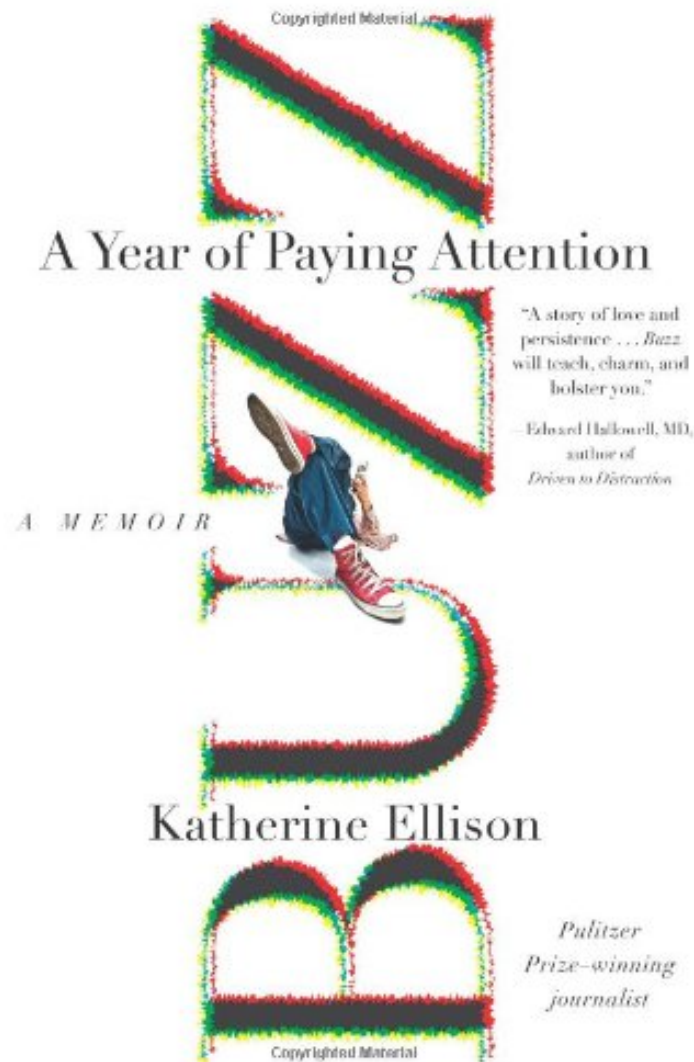


## Buzz: A Year of Paying Attention

Katherine Ellison

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#423228 in Books 2010-10-05 2010-10-05 Original language: English PDF # 1 9.25 x .0 x 6.251, 1.21 #File Name: 1401340881304 pages | File size: 58.Mb

**Katherine Ellison : Buzz: A Year of Paying Attention** before purchasing it in order to gage whether or not it would be worth my time, and all praised Buzz: A Year of Paying Attention:

6 of 7 people found the following review helpful. Buzz is lightyears ahead of the rest!By glo2268Katherine Ellison could be writing about my family in this book. She not only tells what it is like living with ADD/ADHD and other like disorders, but she says it with humor and love. In addition, she gives accounts of her trials and errors with the different approaches to controlling the disorders. Katherine is a mom with a heart for her family and a desire to lead a normal life with all of them, or as normal as life can get when dealing with a child with ADD/ADHD. Anyone who has shared

life with a person with a mental disorder will be shaking their heads and saying, "Yes, finally someone understands what life under my roof is like!" This book is well worth the read, if for no other reason than to receive validation that we are not alone in our everyday struggles with our loved ones who suffer from ADD/ADHD and other mental disorders. 0 of 1 people found the following review helpful. Mom and son with ADD...By Jill Meyer Author Katherine Ellison and her son, "Buzz", were both diagnosed with ADD. There seems to be an issue of heredity, as well, as Ellison cites various relatives, including her doctor father who also seem to have had (undiagnosed in those days) ADD. How is it live in a family with an ADD mother/son? Family dynamics go to hell in a hand basket as the child is confrontational with his parents (his father sort of "opts out" most of the time) and his younger brother, as well as in school. Constant travail as the "difficult" child is dealt with on an everyday basis. No family can exist on the on-going disruptive level as Ellison's family appears to do. Ellison's memoir - and yes, it is a "memoir", not a scientific study - takes a look at a year in the family's life as mother Katherine buckles down to help both Buzz and herself. Because, helping Buzz find his way in the world with ADD (and ODD thrown in) means Katherine has to learn to deal with her own ADD. Would a non-ADD mother be detached enough to know the best way to handle Buzz's idiosyncratic behavior? Ellison takes a year where she investigates the "hows" and "why", and even the "how-not's" and the "why-not's", of ADD in both age groups. She looks into the all-important and controversial issue of medication. And the support groups - mostly good, but largely affiliated with Big Pharma - that help both ADD'ers and their families. She also talks about the sometimes screwy mind-management solutions that often cost a lot in both time and money, and are not the "quick fixes" their proponents often sell them as. She also explores meditation and the comfort that can bring, slowing down a busy world and bringing it into focus. Again, this is a "memoir" and must be read as such. Ellison gives a lots of informational notes in the back of the book about where to get help for your ADD child. But, at the end, it is a story of a mother and son, who clearly love each other, finding their ways in this fast-paced world. 5 of 6 people found the following review helpful. Buy (and Read) Buzz! By Michael A. Kroll Katherine Ellison has turned a frenzied family's experience with a child afflicted with ADD (and associated conditions) into a warm and funny family story. While suffering from ADD herself, Ellison has managed to tell a story, filled with tears and laughter, while at the same time enlightening herself and her readers on the current state of knowledge and best practices for those dealing with the many challenges every household faces when one or more members suffers from Attention Deficit Disorder. For those families -- and anyone with basic curiosity about the human condition -- this is a must read!

"An absorbing, sharply observed memoir."—Kirkus Reviews A hilarious and heartrending account of one mother's journey to understand and reconnect with her high-spirited preteen son—a true story sure to beguile parents grappling with a child's bewildering behavior. Popular literature is filled with the stories of self-sacrificing mothers bravely tending to their challenging children. Katherine Ellison offers a different kind of tale. Shortly after Ellison, an award-winning investigative reporter, and her twelve-year-old son, Buzz, were both diagnosed with attention deficit/hyperactivity disorder, she found herself making such a hash of parenting that the two of them faced three alternatives: he'd go to boarding school; she'd go AWOL; or they'd make it their full-time job to work out their problems together. They decided to search for a solution while Ellison investigated what genuine relief, if any, might be found in the confusing array of goods sold by the modern mental health industry. The number of diagnoses for childhood attention and behavior issues is exploding, leaving parents and educators on a confusing chase to find the best kind of help for each child. Buzz, a page-turner of a memoir, brings much relief. It is immensely engaging, laugh-out-loud funny, and honest—and packed with helpful insights.

From Booklist In this funny, well-written memoir, Pulitzer Prize-winning investigative journalist and former foreign correspondent Ellison describes life after she learns that her 12-year-old son, Buzz, suffers from attention deficit hyperactivity disorder (ADHD), and that she's got it, too. Looking back, the Stanford graduate sees the signs, even in her choice of profession. Who needs Ritalin when you can cover coups? Ellison expertly weaves together her family's story (at one point her son grabs a huge butcher's knife, waves it at her, then holds it against his own throat) with interesting information about impulsive behavior (the ancient Greeks used leeches to treat it because they thought it was caused by too much red blood). She gives her take on treatments they tried, and gives thumbs down to food additives (they appear to increase hyperactivity) and stimulants (at least for Buzz, they cause terrible insomnia), and thumbs up to neurofeedback, meditation, and a new pet dog. Parents of kids with ADHD should find comfort in this book, which combines helpful information on the disorder with Ellison's personal story. --Karen Springen About the Author Katherine Ellison is a Pulitzer-Prize winning investigative journalist, former foreign correspondent, writing consultant, author of four books, and mother of two sons. Her most recent writing has focused primarily on neuroscience and the environment.