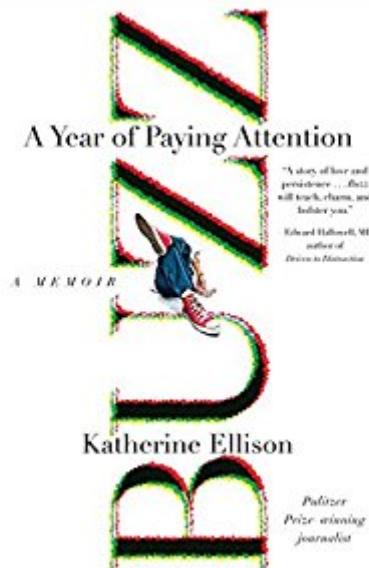


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# Buzz: A Year Of Paying Attention



## **Synopsis**

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 pause-resistor of a memoir, brings much relief. It is immensely engaging, laugh-out-loud funny, and honest-and packed with helpful insights.

## **Book Information**

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## **Customer Reviews**

I have had this book for several weeks now and am only on page 150. I have not picked it up for over a week. I have a 6 year old son with ADHD so this book interested me. On the one hand, I do like the parts about her experiences with her own son who has ADHD because a lot of it mirrors my

life and I am curious to see how other parents handle the same situations. I also like the fact that she tries out a lot of the medication and other sources of help for herself and describes what it is like (she has ADHD also). It gives me an idea about what my son might be experiencing on his medication (which he is really not able to articulate). I get somewhat uninterested in the book the more she describes her professional life because I cannot relate at all. She is clearly a workaholic and trying to do way too much all at once. It is a bit all over the place so it's tough to hold my interest because it doesn't stay focused on the ADHD issues. I was hoping the story would focus on her son and how she helps him so that it might help others struggling with this. So far it's a mish mash of her work life, home life, life with her son and the different techniques she tries to get help for both of them (in no particular order which can be frustrating). The fact that I have not picked up the book again in a while tells me that it's not as riveting as I hoped it would be. I would rather read a story about a more "typical" mom (someone who works full/part time outside the home or a stay at home mom) who is dealing with a son with ADHD and trying to help than a more prominent figure who is juggling way too much and trying to squeeze in a story about her son with ADHD. Writing the book and helping her son feels like it's just another thing to check off on her mile long to-do list. I was somewhat disappointed because I really went into this with an open mind in spite of some of the negative reviews I had read before buying it.

I'm happy to have found a book that relates so specifically to the day to day struggles a parent goes through with a child who has ADHD. The scenes between parent, child, teacher and sibling could be taken out of my own life. Parenting is a lesson in accepting your character defects but even more so when you parent a child with ADHD. Intense love doesn't always conquer frustration. I admire her diligence to comb through all the potential treatments which I intimately understand. I also loved hearing both her support and honest struggles along the way. And you clearly see the love she has for her son in willing to move mountains to get the right plan for him. It can be a lonely, defeating thing to go through. There is too much out there to bear it alone so don't!

This was a great read for anyone who wants to be smarter about people, and especially anyone who has puzzled through ADHD, or really ANY behavior-related health issue. The personal sharing hits home, with poignancy and humor, on every level, but the book is also chock full of the experiments and connections being made by parents, teachers, neuroscientists and other professionals, and those affected.. This is real people in the midst of living while trying to figure out where help may lie and how to avoid the pitfalls of being sold something that may not help and

could even hurt. In addition to some great resources worth exploring further, the book beautifully teaches through its example that a big element of success is team work (love) and determination to keep trying in spite of set backs.

This is a very engaging true life story of people struggling with attention issues. Written with a lot of heart and a lot of humor. It provides some very good insight.

Katherine 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.

As the parent of a child with ADHD, it's hard to find books out there that aren't unrealistic, crunchy granola "Your child can be cured of ADHD with my simple strategies" or depressing "ADHD is serious and your child is likely to end up in jail" reality checks. This one offers a nice middle ground with the first-hand experience of a parent who has walked in my shoes. It was refreshing to read the perspective of someone also researching the best options for her son (and herself), who has the strong journalistic background to weed out the garbage information. I found this book to be a page-turner and I looked forward to learning more about her family's journey with ADHD. So much has mirrored our own research efforts and daily life. Our son isn't functional without medication, but we've just recently decided to explore neurofeedback as a supplemental strategy, so it was particularly interesting to read about her personal experience with that. I'm recommending this book to all of my friends dealing with ADHD. It really is a great book.

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