

# THE DRUMMER & THE GREAT MOUNTAIN

## A GUIDEBOOK TO TRANSFORMING ADULT ADD/ADHD

*The most comprehensive holistic guide  
for transforming adult ADD/ADHD.*

### WHAT YOU'LL LEARN

- ✦ What is a "hunter-type" and how can this model help you re-imagine your life.
- ✦ An effective food and supplement plan to maximize focus and productivity.
- ✦ Simple practices that support day-to-day emotional stability.
- ✦ Creating an effective support system, even if you can't afford a professional life coach.
- ✦ How to utilize technology to make your life more productive and manageable.
- ✦ Time management tools that are best suited for your neurological type.
- ✦ How to make a living as an ADD/ADHD creative-type.

### WHO CAN BENEFIT

- ✦ Anyone diagnosed (or self-identified) with ADD/ADHD.
- ✦ Spouses, partners, or parents looking for ways to effectively support their loved ones.
- ✦ Artists, musicians, entrepreneurs, and creative-types who struggle with consistency, structure, self-motivation, and possibly addictive tendencies.
- ✦ People taking ADD/ADHD medication who are looking for effective natural alternatives.
- ✦ Social workers, therapists, and wellness professionals seeking a comprehensive support plan for their clients.

*"Michael uses wisdom, compassion, and his personal life experience to shed light on an important piece of our culture, allowing those with ADD/ADHD to embrace their journey with grace and courage." ~ Joshua Canter, founder of True Nature Education*

*"Michael has taken a deeper look at how the foods we eat affect our brain chemistry. He has done a beautiful job explaining this phenomenon in clear and understandable terms; offering a realistic roadmap on how to recognize and take control of detrimental dietary patterns." ~ Jennifer Copyak, Nutritionist*



Michael Joseph Ferguson is an adult ADD/ADHD life coach, and has studied the effects of nutrition and exercise on brain chemistry for over a decade. He is the creator of a life coaching system designed specifically for adults with ADD/ADHD. A classic "hunter-type" himself, he is also a professional musician, published poet, graphic artist, and media producer. He currently resides in Encinitas, CA.

