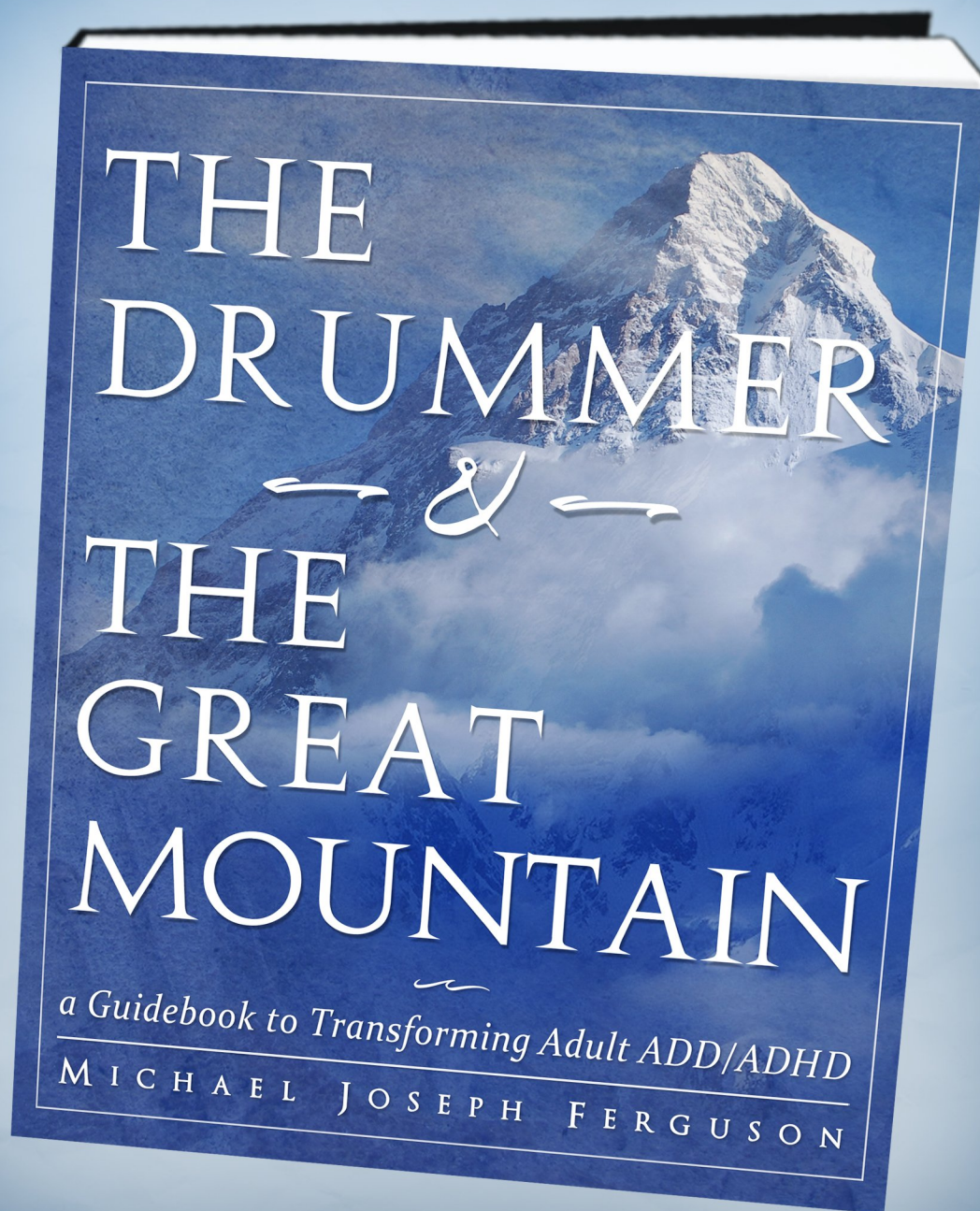
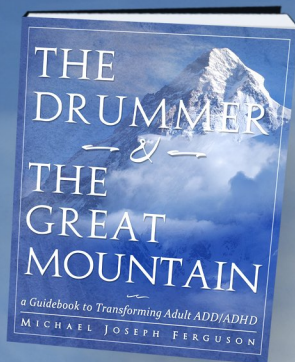


*The most comprehensive holistic guide  
for transforming adult ADD/ADHD.*



*"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.*





# THE DRUMMER & THE GREAT MOUNTAIN

## A GUIDEBOOK TO TRANSFORMING ADULT ADD/ADHD

MICHAEL JOSEPH FERGUSON

### WHAT YOU WILL 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 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*

### EFFECTIVE TOOLS - THE KEYS TO SUCCESS

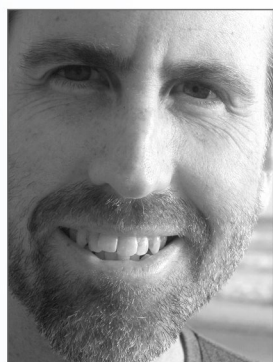
- ✦ Countless exercises designed to help you clarify your areas of focus and refine your day-to-day life systems.
- ✦ An extremely effective, easy-to-use, *health tracking system* to identify what specifically works for you, map your progress, and develop effective routines.
- ✦ An in-depth *life visioning program* to assist you in visualizing your goals (in all areas of your life) and achieving them.
- ✦ A *4-Step Life Coaching process* that will offer you extremely valuable support, even if you can't afford a professional life coach.
- ✦ Tips for *organizing your life*, and creating sustainable systems that continue to work for you for years to come.
- ✦ A State-of-the-art *Time management system* that utilizes technology to make your life easier and more productive.



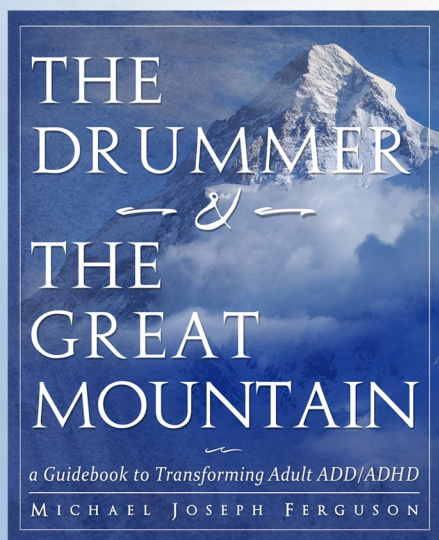
## POTENTIAL INTERVIEW QUESTIONS

- 1 *Your book starts with the premise that ADD/ADHD is a neurological type, not a disorder. What do you mean by this?*
- 2 What is a "hunter-type" and why do you prefer this term over ADD/ADHD?
- 3 Why is it important to address the link between the foods we eat and our brain chemistry?
- 4 What inspired you to write the book and who were your influences?
- 5 Explain why life coaching can be an effective support strategy for adults with ADD/ADHD, and share a bit about your "4 Step Life Coaching Process."
- 6 Discuss how adults with ADD/ADHD can use technology (smart phones, tablets, etc.) to assist them, instead of being a constant distraction.
- 7 What is the link between ADD/ADHD and addiction, and what can be done to address this?

## ABOUT MICHAEL



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.



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