

HUNTER OF THE PAST



By Caroline Hensby
&
Bernard Braham

Foreword by Thom Hartmann

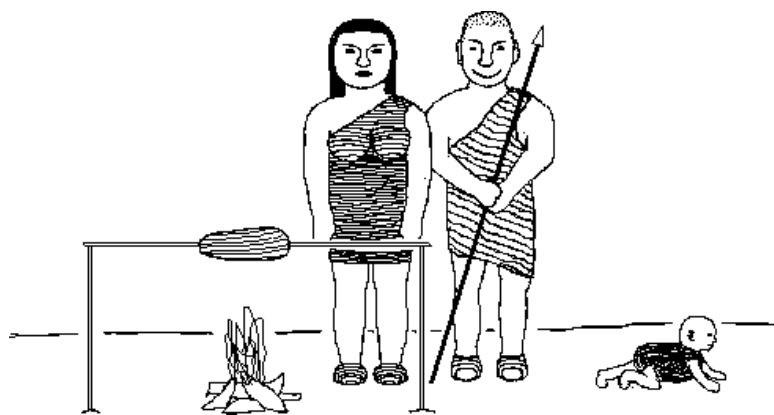
For a child, being labelled with ADD or ADHD can be a double-wounding. First, of course, there's the ADD itself, and the academic and/or social problems which have probably plagued the child his or her entire life as a result of it. But on top of that, there's the often even more painful wounding of being told that he or she has a "disorder" and, compared to others, is "deficient." These are very strong words, and children take such things very seriously. They're extraordinarily good at living up (or down) to our expectations of them, and such labels can often be painful to wear.

In this book, Caroline Hensby and Bernard Braham give children an opportunity to re-frame their ADD/ADHD in a less pathological light, to see themselves as having potential and strengths, and to hear the sound of hope for the future. It's empowering, enlightening, and altogether healing.

That's why this is such an important book. For your child, in fact, it may be the most important book on ADD in the world...

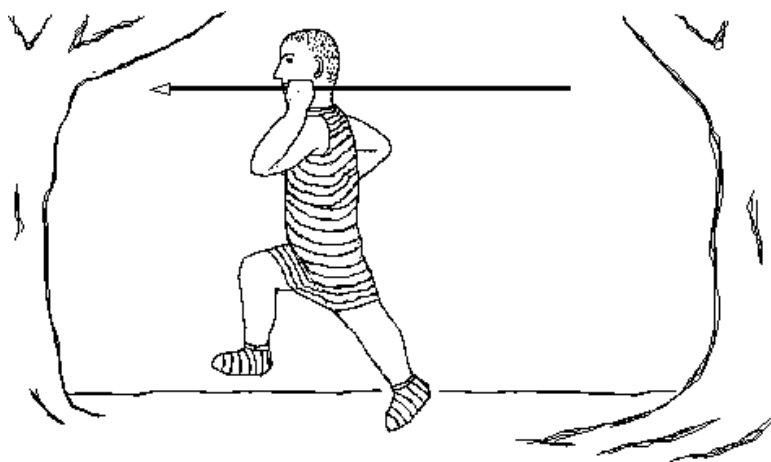
Thom Hartmann, psychotherapist and author of *ADD: A Different Perception and Healing ADD*

A LONG TIME AGO
LIFE WAS
HARSH AND SIMPLE



"People used to say I was a fine hunter."

SUCCESS WAS A FULL
STOMACH
FAILURE WAS A BRIEF
HUNGRY LIFE



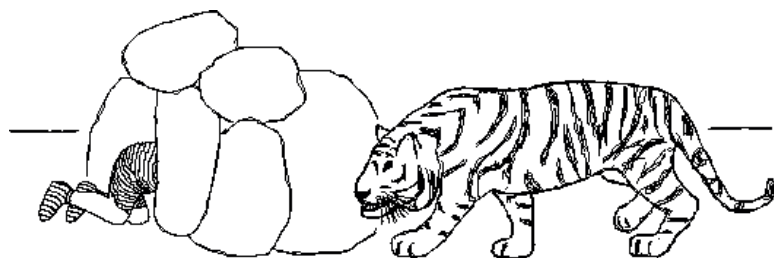
"Swift and silent, I move through the forest."

WHEN EARS FAILED TO
HEAR WHAT EYES
COULDN'T SEE
DEEPER SENSES SOUNDED
THE ALARM



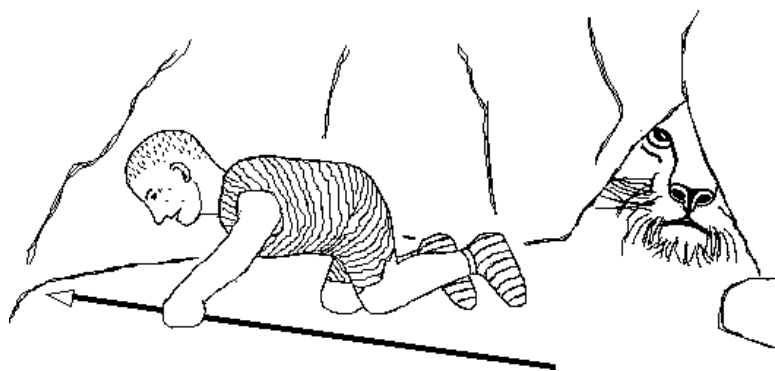
"I sense that danger is near,
I have to escape."

HESITATION COULD
BE FATAL
WHEN THE ALARM
SOUNDED



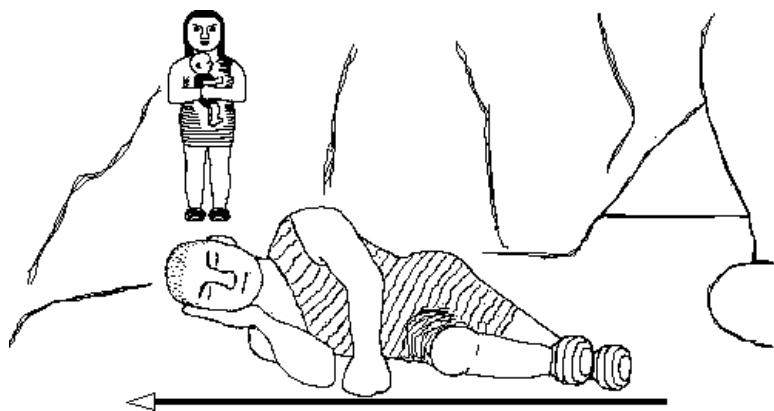
"I'm not the only hungry creature
in the forest."

COMPETITION IS AT
ITS FIERCEST
WHEN SURVIVAL IS
AT STAKE

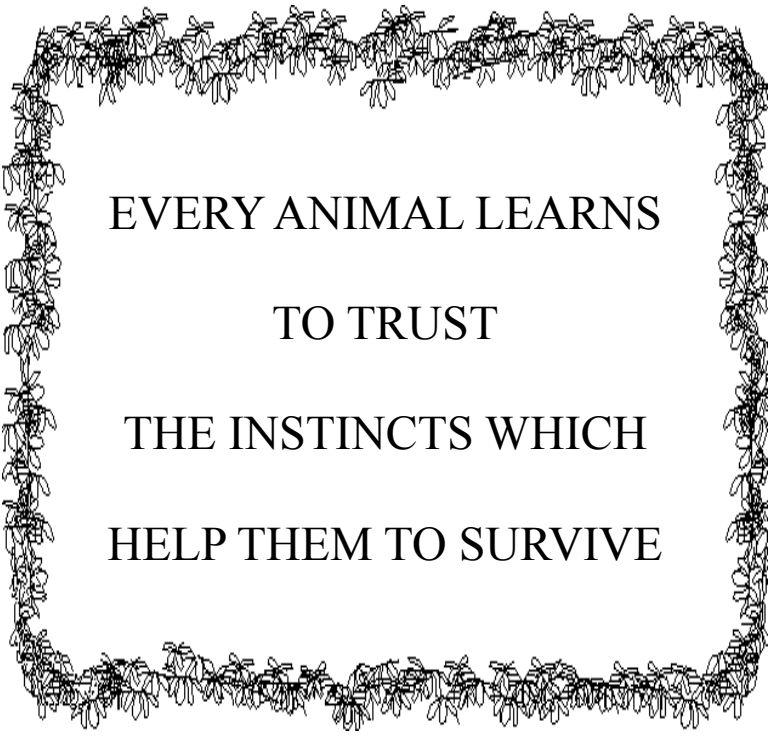


"I'm not the only hunter."

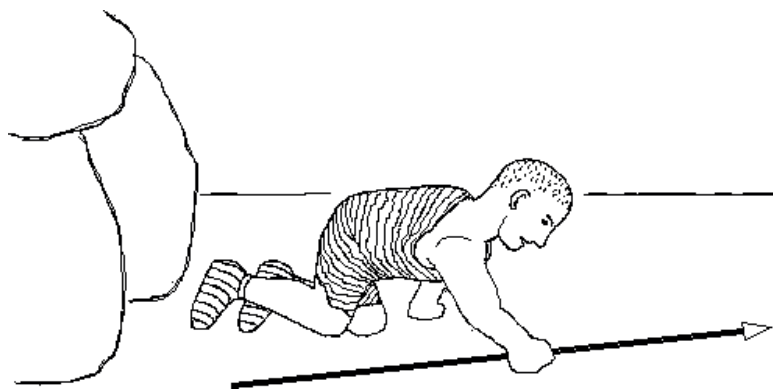
THE INSTINCT FOR
SURVIVAL
IS NOT A SELFISH
INSTINCT



"I think about my hungry family."

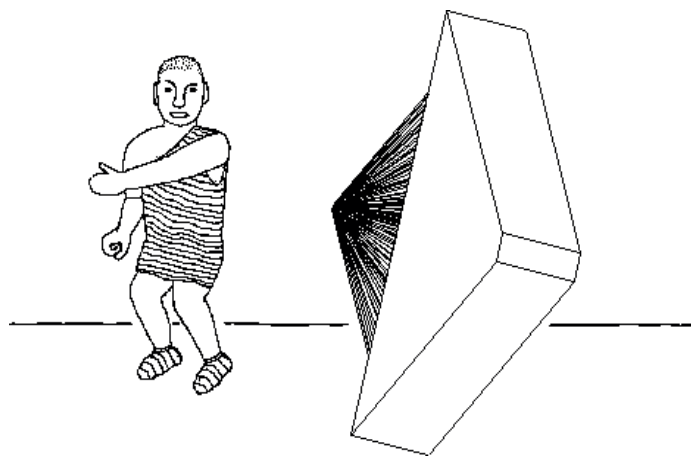


EVERY ANIMAL LEARNS
TO TRUST
THE INSTINCTS WHICH
HELP THEM TO SURVIVE

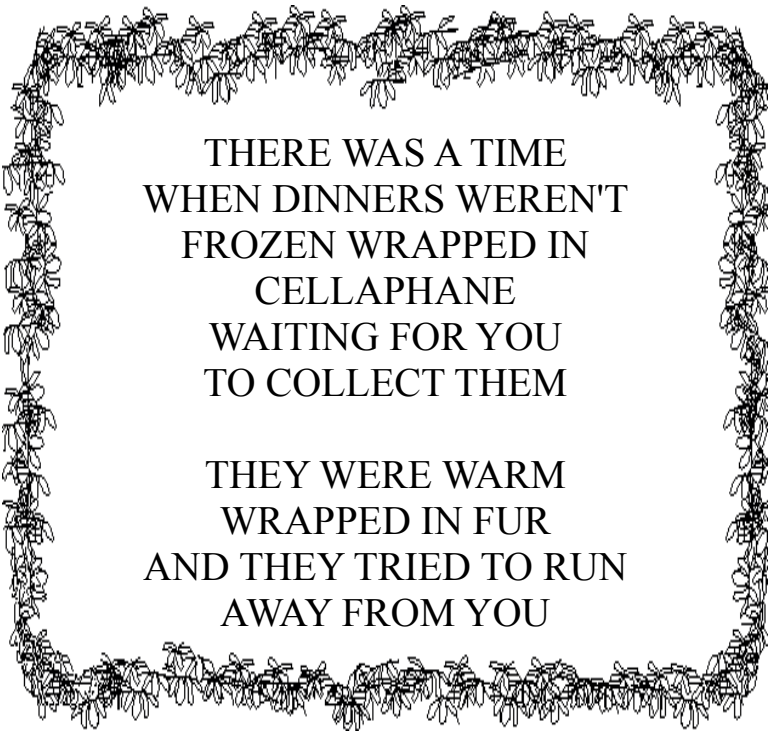


"My senses tell me it is safe to continue."

THE MOST INTELLIGENT
ANIMAL THAT HAD EVER
EXISTED, DID NOT ALWAYS
HAVE TIME TO THINK

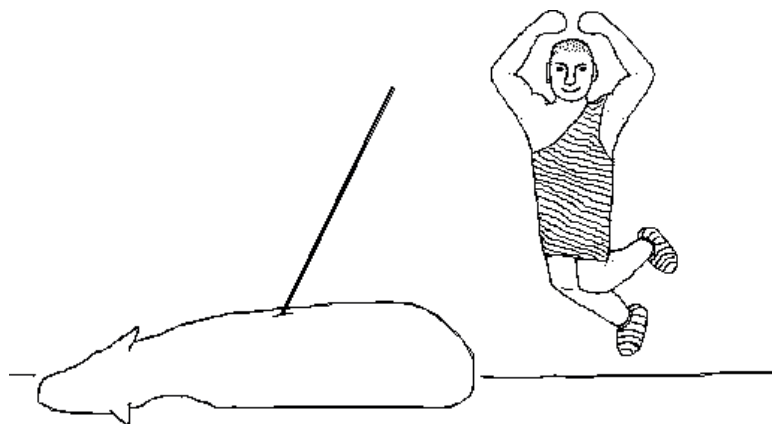


"Suddenly my arm moves
and the spear leaves my hand"



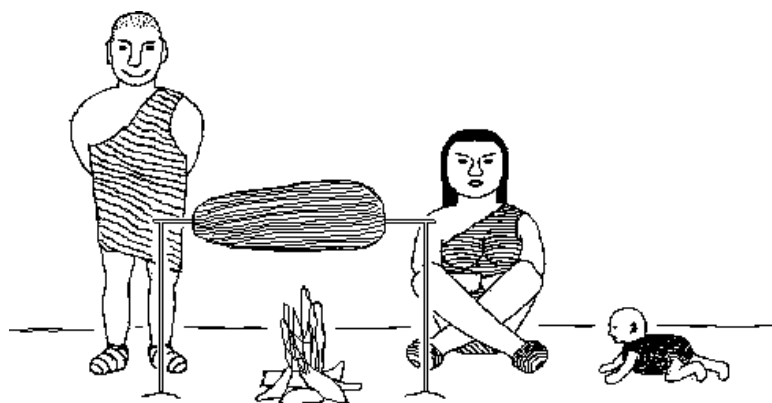
THERE WAS A TIME
WHEN DINNERS WEREN'T
FROZEN WRAPPED IN
CELLAPHANE
WAITING FOR YOU
TO COLLECT THEM

THEY WERE WARM
WRAPPED IN FUR
AND THEY TRIED TO RUN
AWAY FROM YOU



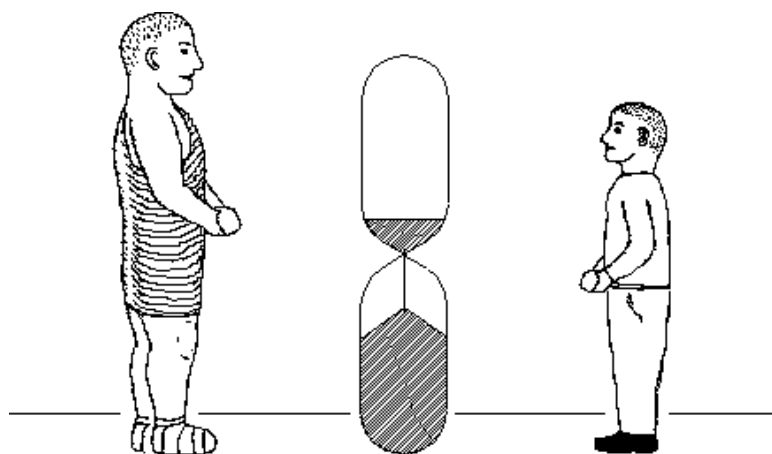
"The deer is dead. We have food for days."

DO WE
RECOGNISE
OUR
ANCESTORS ?



"I was a fine hunter."

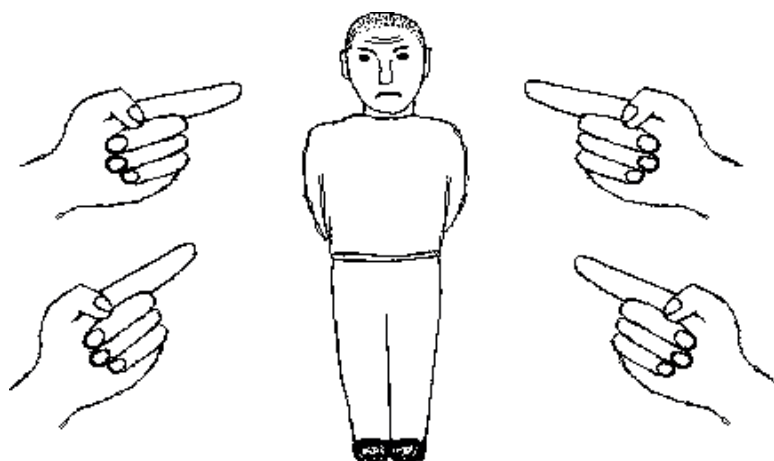
WOULD THE HUNTERS
RECOGNISE
THEIR
DESCENDANTS ?



"But things are different now."

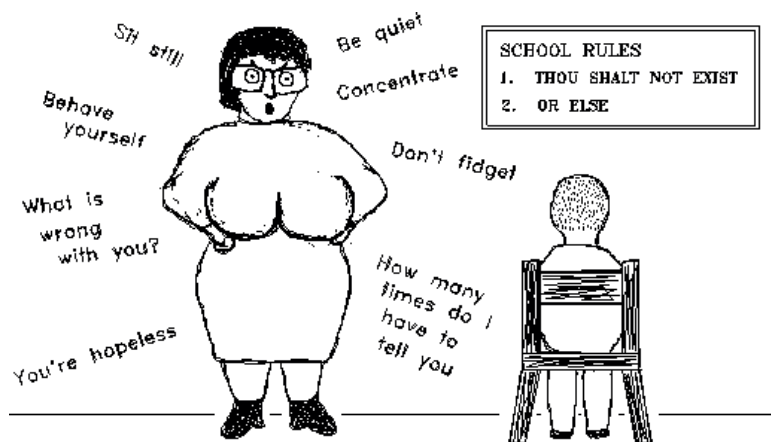


WHO DECIDES ?



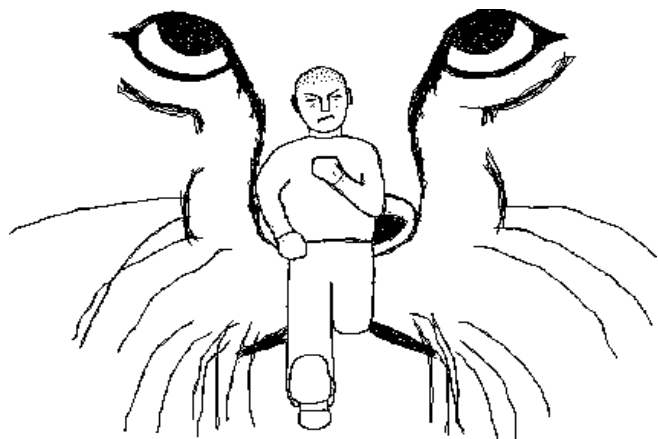
"People say there's something wrong with me."

A MOVING TARGET THAT
WAS ONCE A LOT HARDER
TO HIT IS NOW A LOT
EASIER TO RECOGNISE



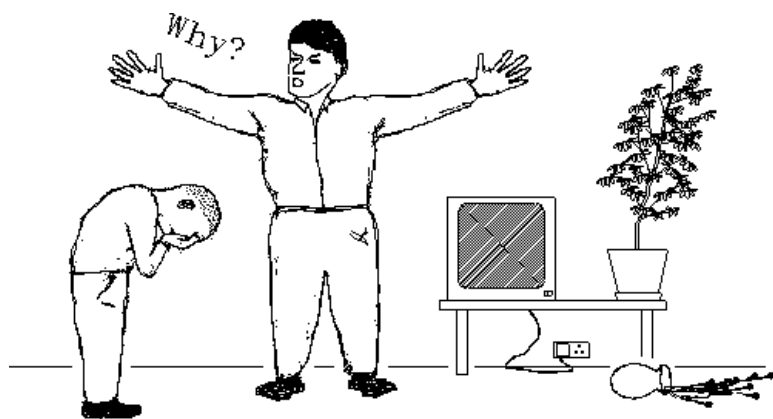
"The teachers are always picking on me."

THE INSTINCTS WHICH
KEPT THE HUMAN RACE
ALIVE WILL ALWAYS BE
DIFFICULT TO IGNORE



"Sometimes I just have to run.
I have to escape."

WHICH COMES
FIRST ?
A THOUGHT OR
A FEELING ?



"Adults ask me why I do things
without thinking."

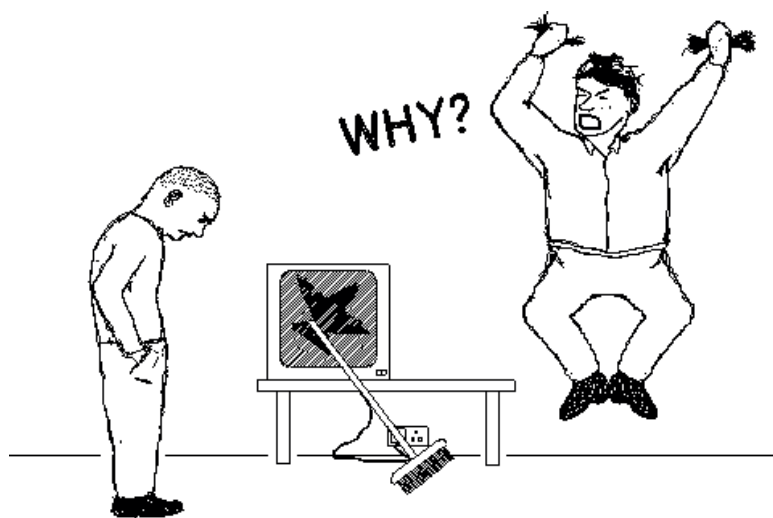
THERE ARE TIMES
WHEN ADULTS PRETEND
TO HAVE ALL THE
ANSWERS

AND THERE ARE TIMES
WHEN THEY JUST KEEP
REPEATING
THE QUESTIONS

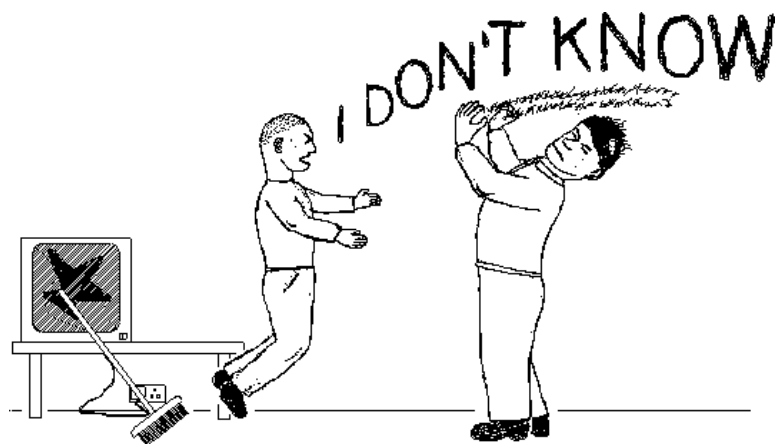


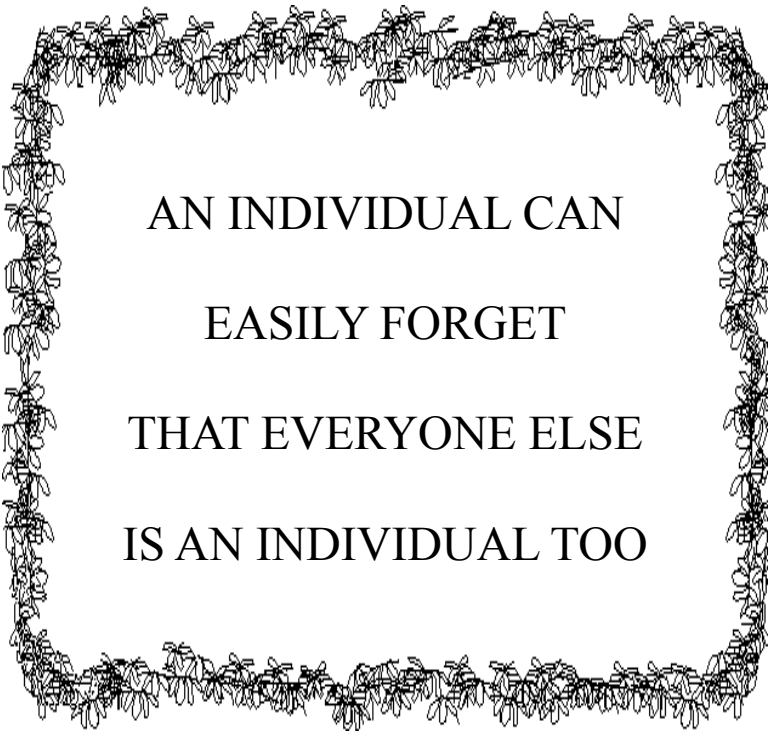
"And they keep on asking me."

THEY TELL YOU
TO CONTROL
YOUR EMOTIONS
AND REMAIN CALM

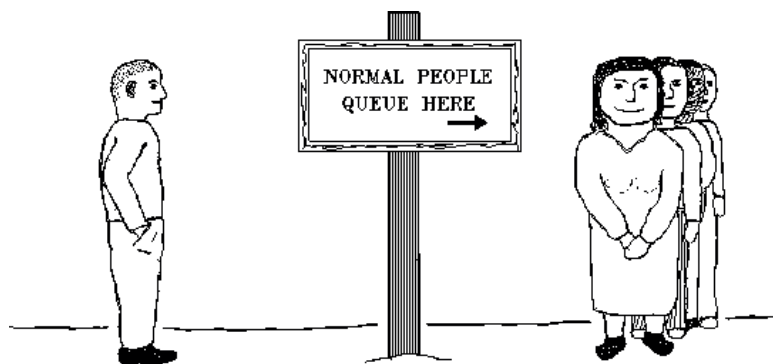


BUT YOU CAN'T
ALWAYS
MANAGE IT
EITHER

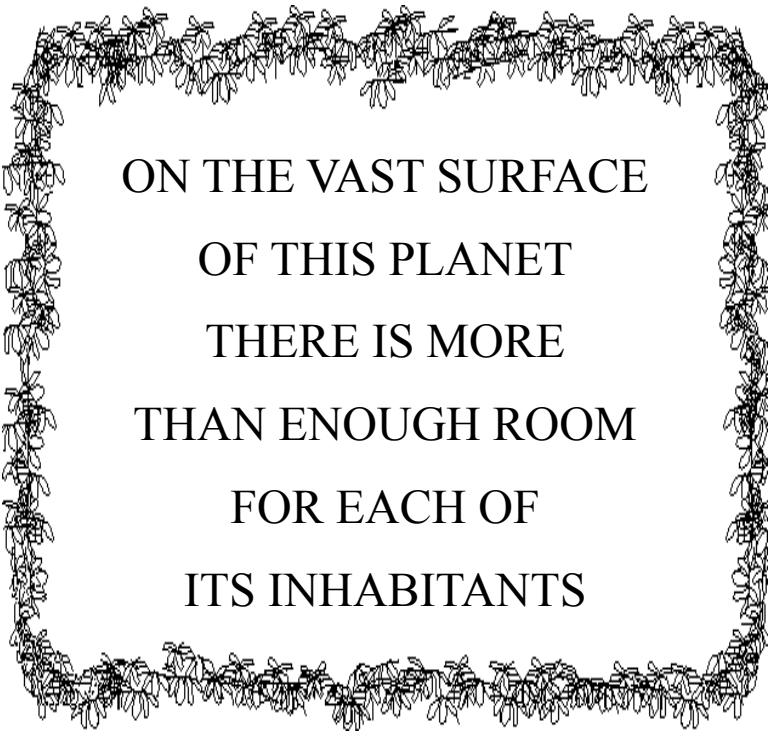




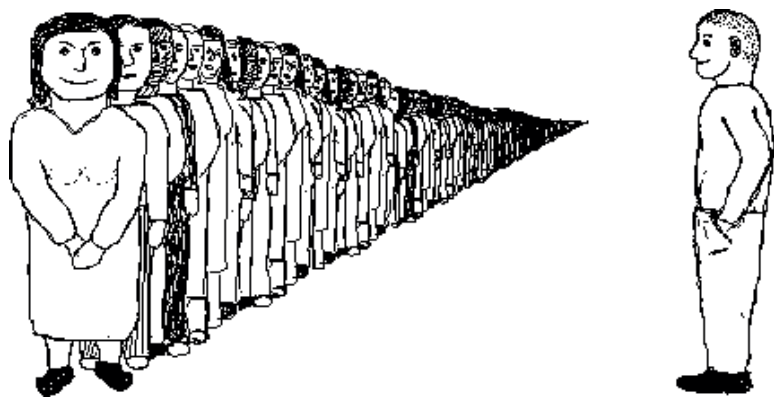
AN INDIVIDUAL CAN
EASILY FORGET
THAT EVERYONE ELSE
IS AN INDIVIDUAL TOO



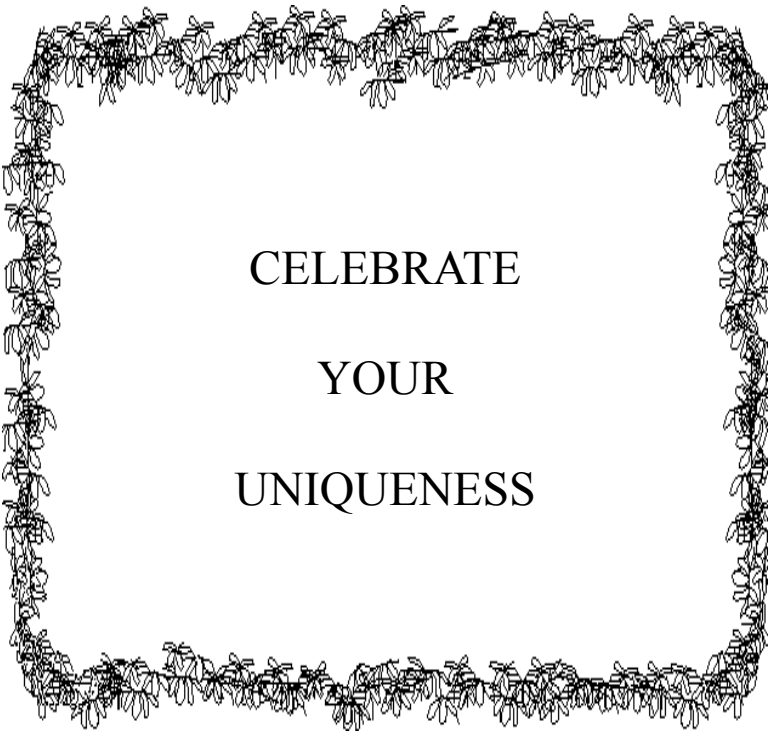
"Sometimes I wish I was
more like everyone else."



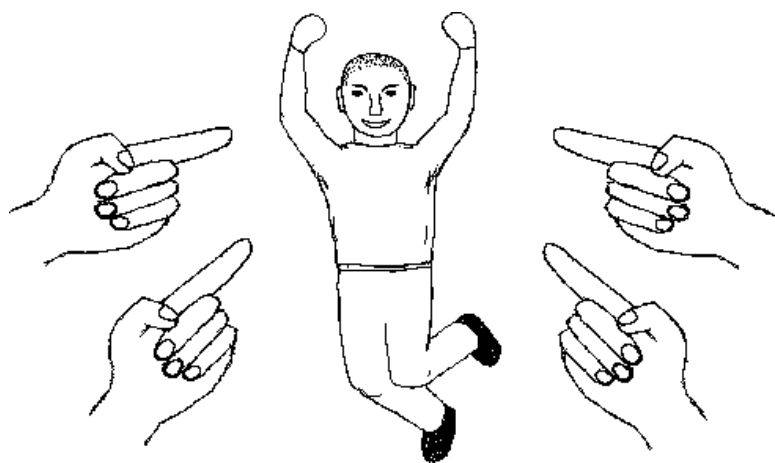
ON THE VAST SURFACE
OF THIS PLANET
THERE IS MORE
THAN ENOUGH ROOM
FOR EACH OF
ITS INHABITANTS



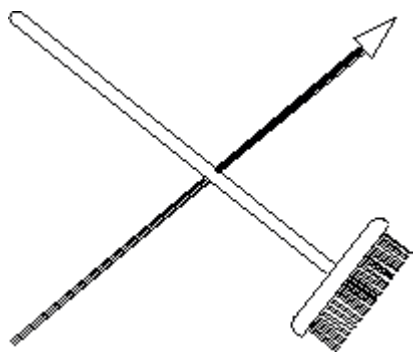
"But I don't want to be anyone else."



CELEBRATE
YOUR
UNIQUENESS



"I want to be me."



Authors: Caroline Hensby
and Bernard Braham

Graphics: Bernard Braham

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This book is dedicated to the memory of Sarah-Jayne Bass (formerly Caroline Hensby) who tragically passed away on 6th February 2010 aged just 47. Sarah-Jayne was the co-founder of adders.org and helped many hundreds of families since 1997 cope with all matters relating to ADHD and Special Needs. She was a very active member of the ADD/ADHD community in the United Kingdom, meeting government officials and campaigning for better rights for ADDers and their families. The adders.org forum is still one of the most popular ADD/ADHD forums in the world and her active participation will be sorely missed.

All profit from the sale of this book will go towards the running of the adders.org website and its forums.

www.adders.org