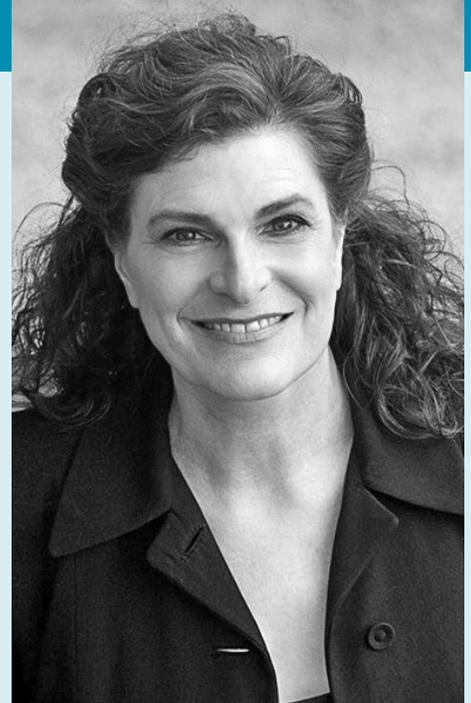


In Person

ZOË KESSLER

By Kenneth E. Seaton

Everything's Coming up Zoë



With a new book hot off the press, *Psych Central's* popular blogger takes a moment to chat with us about self-esteem, being diagnosed with ADHD later in life and keeping a sense of humour through it all.

Zoë Kessler is an author, journalist, blogger, documentarian and comic who's widely recognized as an authority on women and ADHD/ADD. Zoë Kessler is all that and more! She is highly in-demand as a motivational speaker and her presentations have been described as "exhilarating," "inspiring" and "engaging."

Kessler's popular blog, *ADHD from A to Zoë* has garnered a loyal readership that spans the globe and she's been interviewed on international radio, featured in countless magazine articles, documentaries, and books on the topic of women and ADHD. She's produced a radio documentary and has a stand-up routine that has audiences falling out of their chairs as she talks about being a woman with ADHD.

"I've always used humour since the time I was a child to cope. I was the proverbial class clown and that is a very atypical thing for kids with ADHD," she says. "But, on the other hand, my theory is that one of the great things about ADHD is that we are all very creative people."

Her latest book, *ADHD According to Zoë: The Real Deal on Relationships, Finding Your Focus & Finding Your Keys* is predicted to become a best seller and seems to reinforce her theory. Now 54, she was only diagnosed with ADHD at 47 and this forms a core part of her

messaging. She engagingly writes of her first-hand experiences as an adult with ADHD and offers up real-world tips on how to not only cope with ADHD, but to also grow with it as well.

She says that "a late diagnosis is difficult because by the time you reach my age, which was 47 years old, you have a life time of challenging experiences with no understanding of why you keep bumping into invisible walls at every turn." In her book, Kessler describes how she was fired from jobs, suffered financial losses, broken relationships, near-addictions and "how the late diagnosis was a mixed blessing and because now I can go forward and do as much as I can with the time that I have left."

Kessler wrote the book to be a cautionary tale so that she can help men and women with the challenges of ADHD; especially with their self-esteem and self-confidence. In *ADHD According to Zoë* she ended up putting herself out there in a really personal way. "I wrote the book to put a voice to statistics, the statistics about women and ADHD are abysmal!"

Keeping busy is important to Kessler who claims she still has more energy than most people her age and that's what she calls the ADHD fountain of youth. She's ambitious and has a lot of catching up to do. "You know, I have fun but damnit...if I

had been diagnosed a long time ago I know that I would have 12 books out not two!"

There are more books in her future, as she still has much to say; perhaps even a novel, however not necessarily anything to do with ADHD. She is also interested in herbal medicine and wants to learn more about it.

Kessler says that the most important thing for people with ADHD "is to really love yourself, get over the shame, the blame and rebuild self-esteem and self-confidence, which is hard to do in the face of all the adversity that we face out there. It's got to be done because otherwise where is the motivation to care about yourself? I actually love who I am!"



Zoëisms on

✓ *Just got home from band practice. We're Canadian. We spent half the night apologizing to each other.*

✓ *I thought my workplace was closed today. Then they called & said, "Come in as normal." I said I'd just come in as myself.*