

250-WORD SYNOPSIS

Micki is bright, hardworking, funny, observant, and determined. She loves learning and wants to succeed, but school often feels far more difficult than she believes it should.

She studies for hours, struggles to begin assignments, loses track of instructions, becomes distracted, and sometimes receives results that do not reflect her effort. As classmates appear to move forward more easily, Micki begins to doubt herself and asking a painful question: “am I not as smart as the other kids in my class?”

Inside her mind, everything feels like an orchestra in which violins, drums, trumpets, thoughts, worries, feelings, and responsibilities are all trying to play at once.

For years, Micki believes she needs to work harder.

What she really needs is understanding.

Learning To Conduct, My ADHD Journey follows her emotional path from confusion and frustration to self-doubt, clarity, self-understanding, and eventually empowerment. As she learns more about ADHD, executive functioning, vision challenges, and the way she learns, Micki begins to understand that her brain is not broken and her struggles are not due to a lack of intelligence, or evidence of failure.

She needed to understand

She needed tools.

She needed support.

She needed the sheet music.

Most of all, she needed to learn how to conduct.

Written by a teenage author and inspired by her own experience, the book offers young readers an accessible story about resilience, confidence, learning differences, family understanding, and realizing one's potential