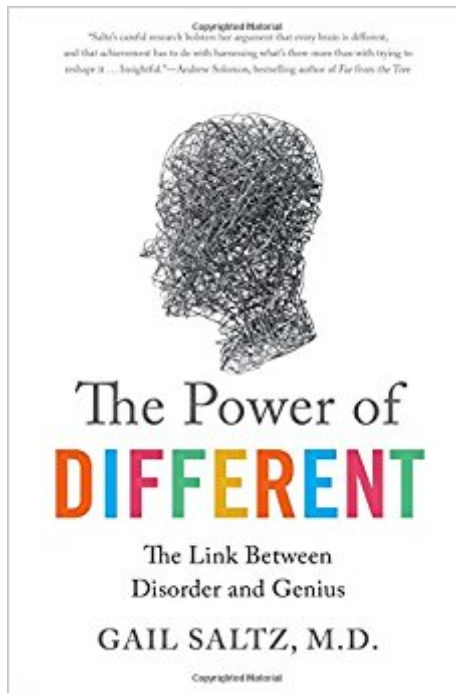




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# The Power Of Different: The Link Between Disorder And Genius



## Synopsis

A powerful and inspiring examination of the connection between the potential for great talent and conditions commonly thought to be disabilities, revealing how the source of our struggles can be the origin of our greatest strengths. In *The Power of Different*, psychiatrist and bestselling author Gail Saltz examines the latest scientific discoveries, profiles famous geniuses who have been diagnosed with all manner of brain problems—including learning disabilities, ADD, anxiety, Depression, Bipolar disorder, schizophrenia, and Autism—and tells the stories of lay individuals to demonstrate how specific deficits in certain areas of the brain are directly associated with the potential for great talent. Saltz shows how the very conditions that cause people to experience difficulty at school, in social situations, at home, or at work, are inextricably bound to creative, disciplinary, artistic, empathetic, and cognitive abilities. In this pioneering work, readers will find engaging scientific research and stories from historical geniuses and everyday individuals who have not only made the most of their conditions, but who have flourished because of them. They are leaning into their brain differences to:

- \*Identify areas of interest and expertise
- \*Develop work arounds
- \*Create the environments that best foster their talents
- \*Forge rewarding interpersonal relationships

Enlightening and inspiring, *The Power of Different* proves that the unique wiring of every brain can be a source of strength and productivity, and contributes to the richness of our world.

## Book Information

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## Customer Reviews

Praise for *The Power of Different* • *The Power of Different* is a nuanced exploration of the contribution that being a little “but not too” crazy can make to creativity. A clear writer and undogmatic thinker with the expertise to evaluate existing research, Dr. Gail Saltz expertly winnows out genuine insights from the chaff of poorly designed studies and facile generalizations. An exceptionally interesting and thoughtful book. • --Sylvia Nasar, author of *A Beautiful Mind* • Gail Saltz strikes gold. For centuries, stigma, fear, and, above all, ignorance have prevented us from seeing what Dr. Saltz presents so clearly, concisely, and convincingly: that embedded in our so-called disabilities, disorders, and mental illnesses we find treasures of enormous value, gems that have illuminated and changed the world. As she demonstrates over and over again, our world would be thousands of years behind itself were it not for the talents and originality mixed in with the chaos and confusion of the mind in distress or disarray. • --Ned Hallowell, author of *Driven to Distraction* • For generations, we have wondered how some people with mental disorders reach the heights of human creativity and invention, despite, or perhaps because of, those disorders. Now, Gail Saltz, a brilliant psychiatrist and psychoanalyst, has explored the relationship between the two and written a grippingly readable book that sheds a profound and crucial light on the nature of genius. • --Steven Naifeh, Pulitzer-Prize winning author of *Jackson Pollock: An American Saga* and *Van Gogh: The Life* • Gail Saltz's careful research bolsters her argument that every brain is different, and that achievement has to do with harnessing what's there more than with trying to reshape it into normality. Her insightful book examines genius and disability in considerable detail, but the stories and lessons contained within it are relevant to all human minds. • --Andrew Solomon, New York Times bestselling author of *Far From the Tree*

A Clinical Associate Professor of Psychiatry at The New York Presbyterian Hospital/ Weill-Cornell School of Medicine, Dr. Gail Saltz is a psychiatrist, columnist, bestselling author, television commentator, and magazine contributor. She has been featured in print and on television in places like The Oprah Winfrey Show, Dateline, Fox News, Anderson Cooper, Today Show, Good Morning America, Parade, Redbook, Women's Day, the New York Times, and others. She is the host of "The Power of Different" podcast and she lives in New York with her family.

Whether you have been diagnosed or not, if you've always felt "different" this book is amazing. I'm 69 and diagnosed recently as having a "learning disorder". When I got over finally discovering what's "wrong" with me, I feel depressed and a bit hopeless; all that changed with this book. It is uplifting and supportive of those of us who "think differently". It explains in an authoritative way, how

and why our brains are wired unlike neurotypical ones and points out how that may be a good thing. After years of teachers, parents and friends criticisms, judgements, and frustration, my self esteem was very low. I have been depressed, anxious, ashamed of myself and overwhelmed by my inability to fit in all of my life. I now believe that I can too unleash my genius. Thank you Gail Saltz for writing a book about us that is easy to understand from a scientific perspective.

I read this to better understand my grandson and his life. It helped immensely, it provided such a positive perspective and has not only changed my thinking but also his too.

Absolutely the most readable account of mental differences I've ever experienced. Dr. Saltz's examples of actual patients and their struggles were powerful and educational. As someone with a sister who has bipolar disorder, her explanations were invaluable. I think everyone will recognize someone they know in this book, but the best message is that society needs to stop the stigma and realize we all have differences and gifts. Excellent book!!!

An eye opener on brain differences...I gained a better understanding on how our brains work and how to better serve my students.

I really like this book because it take the negative stigma from mental disorders. I like how the author go into details explaining the disorder, give personal accounts and then explain the strengths of the disorder. However, the author still acknowledges the severity of the disorder. This book arrived on time. I was excited to get it.

Really appreciate this book. A must read for teachers and anyone who works with creative people.

I learned from this book but it was not a heavy load to lift. I've read other books on this subject which were more in depth. As far as the seller, the book arrived on time and was in good condition.

If you are well-read on the topic of ADD/ADHD, Dyslexia, etc. this is a 2-3 star book. If you are trying to get a positive spin on your child's diagnosis, this book is a great read. Positive, informative.

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