

ADD is Probably a Farce

The two main barriers to learning are anxiety and disinterest/boredom.

Most people who are said to have ADD, dyslexia, and other learning impediments really have a problem conforming to a flawed system that have instilled anxiety and haven't captured their interest.

Many kids who are told and maybe believe they have ADD learn to play video games well and can focus for hours completing a goal in a game. However, the same child can't focus on something that gives them anxiety and is boring for 5 minutes. If this is the case, you don't have ADD. You are learning the wrong things at the wrong times in the wrong ways.

The moment I can buy the ADD story is when a kid can't focus on video games and other enjoyable tasks.