

NEUROSPICY

A MEMOIR OF MADNESS, MAGIC, ADHD, AND DYSLEXIA

TEARS BLURRED MY VISION AS I SAT ALONE IN A BORROWED CAR, THE WEIGHT OF MY SHATTERED REALITY PRESSING DOWN ON ME. AFTER THIRTY YEARS OF MARRIAGE, MY WIFE HAD ASKED FOR A SEPARATION. JOBLESS, HOMELESS, AND RELYING ON MY SON'S COUCH FOR A PLACE TO SLEEP, I FELT LIKE MY LIFE HAD SPIRALED INTO CHAOS. THE ROLLERCOASTER OF SUCCESS AND FAILURE THAT HAD DEFINED MY JOURNEY WAS NOW COMPOUNDED BY THE BATTLES I FOUGHT EVERY DAY—ADHD AND DYSLEXIA, LIFELONG COMPANIONS THAT SHAPED MY STRUGGLES IN WAYS ONLY A FEW UNDERSTOOD.

THIS BOOK IS MORE THAN A MEMOIR; IT'S AN UNFILTERED EXPLORATION TO UNDERSTAND MYSELF. WHEN TRADITIONAL LIFELINES—FRIENDS, FAMILY, EVEN COUNSELORS—FELL SHORT, I HAD NO CHOICE BUT TO TURN INWARD. WHAT BEGAN AS A DESPERATE SEARCH FOR ANSWERS BECAME A TRANSFORMATIVE QUEST: TO UNRavel THE MYSTERIES OF MY MIND, TO CONFRONT THE STIGMA OF NEURODIVERSITY, AND TO RECLAIM CONTROL OVER MY LIFE.

AMID THE DARKNESS, ONE BEACON OF HOPE NEVER WAVERED: MY DEAR FRIEND DORIS ZAGDANSKI. HER PATIENCE, WISDOM, AND UNSHAKABLE BELIEF IN ME BECAME THE LIFELINE I NEEDED TO KEEP GOING. BEING AN AUTHOR HERSELF, SHE OFFERED TO HELP ME TELL MY STORY. WITH HER ENCOURAGEMENT, WHAT STARTED AS PRIVATE JOURNALING EVOLVED INTO THIS RAW, UNFLINCHING NARRATIVE—A STORY I NOW SHARE IN THE HOPE THAT IT MIGHT LIGHT THE WAY FOR OTHERS.

THIS IS NOT JUST MY JOURNEY. IT'S AN INVITATION FOR YOU TO EXPLORE YOUR OWN—TO CONFRONT YOUR STRUGGLES, EMBRACE YOUR UNIQUE WIRING, AND DISCOVER THE HIDDEN STRENGTHS WITHIN YOUR PERCEIVED WEAKNESSES. WHETHER YOU'RE NAVIGATING ADHD OR DYSLEXIA, OR SIMPLY SEEKING PROOF THAT RESILIENCE CAN REWRITE EVEN THE BLEAKEST CHAPTERS, THIS BOOK IS A TESTAMENT TO THE POWER OF GRIT, SELF-DISCOVERY, AND THE COURAGE TO KEEP MOVING FORWARD.

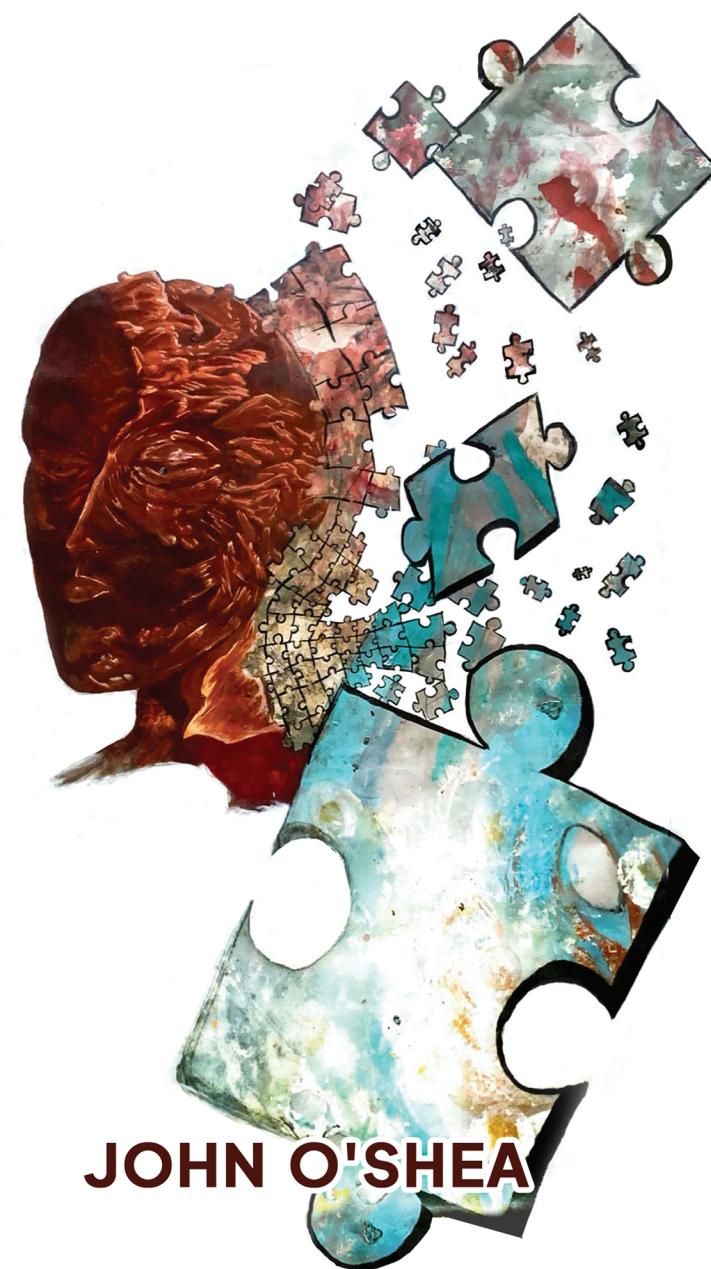
THANK YOU FOR JOINING ME ON THIS JOURNEY. MAY IT INSPIRE YOU TO FIND HOPE, EVEN IN THE HARDEST MOMENTS.



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JOHN O'SHEA