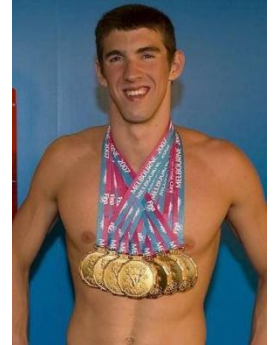


Famous People with ADHD/ADD

1. Michael Phelps

The retired Olympic swimmer is known for his incredible focus in the pool and impressive collection of 28 Olympic medals, including 23 gold ones! However, Phelps has stated that at a young age he often found it difficult to concentrate and sit still in school and he eventually received a diagnosis of ADHD at 9 years old. He often credits swimming with helping him find focus saying, "I'm different in the water; I just feel at home in it".



2. Channing Tatum



Now a successful Hollywood actor, Channing Tatum has previously discussed his struggles with ADHD and dyslexia and how it affected his performance in school. But his passion, creativity and determination lead him to develop a modelling/acting career and he eventually went on to star in many blockbuster movies such as *21 Jump Street*. "Everyone's on a spectrum. Some people really need [medications] to help them, and others could maybe go on a different route. So it's really tough. Whatever you do, hopefully you can use it to your benefit."

3. Will.I.Am

This seven time Grammy Award winning rapper and member of the music group, *The Black Eyed Peas*, has often stated that music is therapeutic for his ADHD and helps him to focus his mind and control his thoughts. Will.I.Am also credits his ADHD with helping him create ideas for tunes and song lyrics in his music studio.



4. Adam Levine



Adam Levine is a famous American singer/songwriter and the lead singer of the pop rock band, *Maroon 5*. Levine often faced many challenges in school such as getting work done and difficulty focusing but he wasn't diagnosed with ADHD until he was a teenager. Adam Levine is currently working with ADHD and ADD organisations on a campaign called *Own It*, which aims to offer support and help to children, teenagers and young adults with ADHD/ADD.

5. Simone Biles

Another Olympic athlete with a diagnosis of ADHD is gymnast Simone Biles, who won four gold medals at the 2016 Olympics at only 19 years old. Biles wrote on Twitter that she has taken medication for her ADHD since she was a young child and that it is *"nothing to be ashamed of or to be afraid of letting others know about"*.



6. Tim Howard



This football player is famously known for breaking the world record for the most saves in a match during the World Cup. Before he became the goalkeeper for the United States national soccer team, Howard was diagnosed with OCD, Tourettes and ADHD at age 11.

7. David Neeleman

Neeleman, the founder of JetBlue Airways, a successful airline company has stated that despite the struggles of his ADD, there exists a unique creativity and ability to take risks. Neeleman is known for changing the flying experience by adding live in-flight television and providing excellent customer service on discount airlines. *"If someone told me you could be normal or you could continue to have your ADD, I would take ADD."*



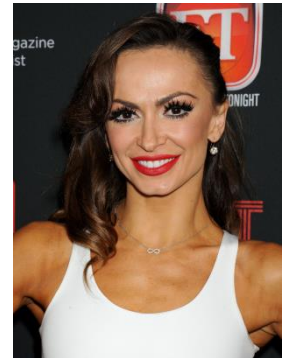
8. Justin Timberlake



Justin Timberlake has stated in interviews that he struggles with both a diagnosis of ADHD and obsessive compulsive disorder (OCD). Nevertheless, Timberlake has become renowned as a famous songwriter, musician and actor as well as a television producer and has received multiple grammy awards for his music.

9. Karina Smirnoff

Professional dancer and “Dancing With the Stars” performer, Karina Smirnoff wasn’t diagnosed with ADHD until her adult years and has now partnered with pharmaceutical company Shire (which produces ADHD medication) to promote awareness on the impact of ADHD on adults at home, in the workplace and in social settings. She wants to educate people that ADHD symptom management is possible. “Dancing is one of the few things I can really focus on,” Smirnoff says. “It’s never boring, and that’s very good for someone with ADHD.”



10. Solange Knowles



Singer and sister of Beyonce, Solange Knowles was actually diagnosed with ADHD twice as an adult and was mostly unaware of the disorder until her diagnosis. However, she recalls having copious amounts of energy as a child which carried through to her adult life.