



# Hiding an Elephant

*Kim A. Gay*

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## **Hiding an Elephant** Kim A. Gay

I was already so ashamed of myself...I got to the point where I would duck behind shelves at the grocery store to avoid talking to people...I went out of the house as little as possible and would never invite anybody to come to my home, other than my best friend. I was determined to hide this elephant that had taken over my life. After being diagnosed with Attention Deficit Hyperactivity Disorder at the age of thirty six, Kim Gay spent several frustrating years looking for answers to her questions about the disorder only to find that very little was known about ADHD when it pertained to adults. Her quest for knowledge and enlightenment inspired her to write this book with the hope of helping others who keep finding themselves at the same dead end. Hiding an Elephant explains in detail the symptoms of adult ADHD, and through her personal experience, Kim Gay encourages other sufferers not to be ashamed of their condition any longer.

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