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Shankman offers many tips for boosting your productivity, in his most recent book, Faster Than Normal: Turbocharge Your Focus, Productivity, and Success With the Secrets of the ADHD Brain.

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Shankman photo Peter Shankman, entrepreneur and author of the forthcoming book, "Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain." Some people sleep in the buff. Others wear their partner's flannel shirt as they count sheep.

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About Faster Than Normal. A refreshingly practical and honest guide that rewrites the script on ADHD Peter Shankman is a busy guy — a media entrepreneur who runs several businesses, gives keynote speeches around the world, hosts a popular podcast, runs marathons and Iron Mans, is a

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licensed skydiver, dabbles in angel investing, and is loving father to his young daughter.

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Peter Shankman is an American entrepreneur and author. He is best known for founding HARO (Help A Reporter Out). His new book is Faster Than Normal: Turbocharge Your Focus, Productivity, and Success with the Secrets of the ADHD Brain.

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