



Trail Mix: A Writing Life Enhanced by Attention Deficit Disorder

David B. Bowes

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An award-winning journalist, discovering in his early seventies that he has spent a writing life with undiagnosed Attention Deficit Disorder, sifts through seven scrapbooks of newspaper and magazine clippings bearing his by-line. What he winnows from this blizzard of adventures makes for diverse (going on whiplash!) reading-and identifies journalism as a promising career prospect for young writers with symptoms of ADD.

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