

An ADHD author who brings the story, the systems, and a listener takeaway.

Diagnosed in his early thirties and handed a label with no manual, Matt Morrison built systems for the brain he actually has, tested them in real life, and wrote down what held. He is not a clinician. He is the lived-experience voice with research cited throughout the book.



THE BOOK

Built For Chaos

Designing A Life That Fits Your ADHD Brain · Paperback & Ebook

A field manual for adults who are done being blamed by planners, apps, and routines that never fit. The core idea: fit beats force.

LISTENER VALUE

A practical, free Human AF Go-Bag: 11 printable reference cards

INDEPENDENT REVIEW

“A must-read for people with ADHD and those who want to support them.”

Katina Sawyer, PhD

Associate Professor of Management and Organizations, Eller College of Management, University of Arizona. Co-author of Leading for Wellness.

This is a wonderful resource for anyone navigating ADHD, or for anyone who wants to better understand and support people with ADHD. As an educator, I see many students facing the challenges described in this book, and before discovering it, I wasn't always sure what strategies to recommend or how best to help. Now, I have a resource I can point students toward while also expanding my own understanding of ADHD.

If you're an educator, parent, or leader who wants to help people with ADHD thrive, this is an insightful, practical read worth passing along to the people with ADHD in your life!

Four Conversations Hosts Can Build Around

01 The manual he needed

Late diagnosis, real collapse, and the moment “my brain is not the problem” became a usable system

02 Make avoidance useful

A live segment: name the task you are dodging and Matt will match a fuel source to it on air.

03 Burn the productivity lies

Why dead planners are data, not failure, and what “fit beats force” replaces them with.

04 ADHD at work

How leaders can build for autonomy, urgency, and results without turning people into paperwork.

Why He Works On Air

■ Human, direct, & prepared.

Sales-trained. Real stories. No guru posture.

■ Listener takeaway built in.

Useful on air. Free companion resource.

■ Easy production.

Pro mic. Quiet setup. Flexible scheduling.