

Pioneering ADHD Podcast and Book *The Drummer and the Great Mountain* Celebrate 10 Years of Empowering Neurodivergent Adults Worldwide

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SAN DIEGO, CA — October 1, 2025 — Long before “neurodiversity” became a household term, author, coach, and educator **Michael Joseph Ferguson** offered a revolutionary perspective: ADHD is better understood as a **neurological type**, not merely a disorder — one that is often accompanied by creative gifts and untapped potential. Now, ten years later, his seminal 2014 book *The Drummer and the Great Mountain: A Guidebook to Transforming Adult ADD/ADHD* and its companion podcast, *Adult ADHD ADD Tips and Support*, are celebrating a decade of helping reframe the way the world understands adult ADHD.

The Podcast: A Global Hub of Support

Launched in 2015 by Ferguson and fellow creative **Bahman Sarram**, the *Adult ADHD ADD Tips and Support* podcast has since surpassed **1.7 million downloads** and built a global community of listeners. Episodes cover topics such as: nutrition, fitness, emotional regulation, setting healthy boundaries, time management, and thriving as a creative. Online workshops and gatherings draw participants from the United Kingdom, Canada, Norway, Ireland, Australia, New Zealand, and beyond.

The podcast has resonated deeply with creative professionals and has been referenced by artists such as **Ashling Bea** (*This Way Up, Living with Yourself*), **Matthew Caws** (Nada Surf), **Ginger Gonzaga** (*Marvel’s She-Hulk: Attorney at Law, True Lies*), **Arthur Lee Land** (Great American Taxi), and novelist **Warren Goldie** (*Waking Maya*), who describe the work as influential in their creative and professional lives.

The Book: A Groundbreaking Guide to ADHD as a Neurological Type

Published in 2014, *The Drummer and the Great Mountain* was one of the first (if not *the* first) widely read books to explicitly and fundamentally frame ADHD as a “neurological type,” while providing an integrated, adult-centered support system rooted in that perspective.

“When I wrote the book, there was very little support for adults with ADHD. My research into addiction neuroscience revealed a major gap in understanding ADHD, dopamine, and the role of exercise and nutrition in managing symptoms – especially for those with sensitivities to medication.

As a fellow creative, I saw many of my peers suffering with addiction and relationship challenges and recognized there was also a need for effective non-pharmaceutical support for those sensitive to medications. It was also abundantly clear that people with ADHD usually possess creative gifts, making it best understood as a neurological type, not merely a disorder.”
— Michael Joseph Ferguson

A Holistic, Science-Backed Approach

Ferguson’s unique approach integrates neuroscience, coaching, mindfulness, and lifestyle design, reframing ADHD through the lens of evolutionary psychology and the science of “nature connection.” He emphasizes the often misunderstood role of dopamine regulation, movement, and nutrition, advocating for tools that restore agency to ADHD adults, many of whom struggle with a pathology-only approach to support.

He has also pioneered ADHD-specific mind-mapping techniques to help manage ‘flooding’ and strengthen executive functioning skills. His methods are now taught in workshops and increasingly being adopted by therapists, coaches, educators, and recovery centers worldwide. His coaching and consulting roster includes professionals from organizations such as **Morgan Stanley, BBC, Splunk, Citibank, and Disney.**

Stories of Transformation: 10th Anniversary Podcast Specials

To celebrate the 10-year milestone, the podcast will feature interviews with professionals whose lives and work have been positively influenced by its holistic ADHD strategies:

- **Skylar Duran**, a San Diego paramedic and first responder, recounts his harrowing experience during the 2024 floods and how reframing ADHD helped him lean on his strengths.
- **Ginger Gonzaga**, acclaimed actress, discusses how discovering the book and podcast after a late ADHD diagnosis gave her an “instant landing pad” – providing practical ways to anchor her challenges and make her creative work more sustainable.
- **Lauren Regan**, UK educator and ADHD coach, shares how the strategies helped her navigate addiction recovery and a late ADHD diagnosis, and maintain focus and balance. She now gives back through her award-winning work and coaching.

What’s Next

Alongside his partner, **Questa Li**, Ferguson co-leads Encinitas-based **Alive Life Coaching**, offering online workshops, personalized ADHD coaching, and organizational consulting — all built on the insights of *The Drummer and the Great Mountain* and the *Adult ADHD ADD Tips and Support* podcast.

For more information, visit drummerandthegreatmountain.com/press