



Better Than Normal: How What Makes You Different Can Make You Exceptional

Dale Archer MD

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A New York Times bestseller that offers a groundbreaking new view of human psychology, showing how eight key traits of human behavior--long perceived as liabilities--can be important hidden strengths

What if the inattentiveness that makes school or work a challenge holds the secret to your future as an entrepreneur? What if the shyness in groups that you hate is the source of deep compassion for others? What if the anxiety and nervousness you often feel can actually help energize you?

Renowned psychiatrist and popular on-air personality Dr. Dale Archer believes that behaviors frequently labeled "ADHD," "bipolar," and "OCD" are often normal human qualities--and he contends that we all experience these and other psychological traits to some extent yet fail to leverage the significant advantages they can offer. Worse, we stigmatize one another for these aspects of our personalities.

In *Better Than Normal*, Dr. Archer offers an empowering framework for redefining mental health. Drawing on his 20 years of clinical experience, he describes eight traits of human behavior, each of which occurs along a continuum rather than as a simple on-off switch. These are the aspects of our personality that we worry about the most, but these are also the very things that make us distinctive and different. Filled with engaging anecdotes and practical tools to help readers capitalize on their unique characteristics, *Better Than Normal* offers a new and liberating way to look at ourselves and others.

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