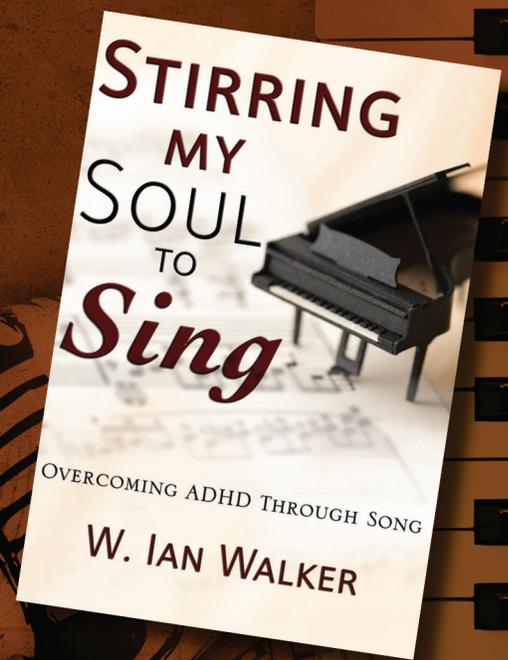


Is music better than medicine for ADHD?



W. Ian Walker has a new “*music vs medicine*” concept for overcoming ADHD!



W. Ian Walker’s mission is to be a positive role model for adults and children who have ADHD. In the fall of 2018, Ian’s autobiography, *Stirring My Soul to Sing, Overcoming ADHD Through Song*, will be released.

Although Ian was told he had a learning disability in the early 1970s, he was not formally diagnosed with the disorder until 1996. In the intervening years he experienced verbal abuse, school bullying, poor academic performance, employment instability, financial hardships and failed relationships.

Despite the challenges, he persevered and now holds a degree in Theater and Film, a post-graduate Certificate in Fundraising and Volunteer Management, and is a successful Arts Consultant with over 30 years of experience. A high-achieving ADHD survivor, Ian serves as testament to countless ADHD sufferers that music can do a better job of improving their lives than medicine.

In fact, Ian will tell your audience that music saved his life and “cured him” of his disorder. This music man and arts professional takes audiences behind the lyrics, melodies and ovations in his book, to lay bare the practical lessons he has learned in coping with ADHD for over 50 years.

Ian recounts the beginnings of his vocal career in 1980’s as bass-baritone and chorister with the Toronto Mendelssohn Youth Choir (TMYC). He shares special memories with his involvement in 1981 with the Boston University Tanglewood Institute (BUTI), the Young Artist Vocal Program (YAVP), where he met Leonard Bernstein and interacted with other well-known classical musicians and artists. Especially influential is Ian’s long-lasting friendship with Canadian and International classical soprano, Adrienne Pieczonka, O.C.

Ian also relates moments and events when he was mentored by Canadian and international icons, Robert Cooper, (Conductor, C.M.) the late Maureen, Forrester, C.C. contralto, and was privileged to have a unique friendship/mentor with founder, producer and choral entrepreneur, the late Nicholas Goldschmidt, C.C. Ian shares how he continues pursuing his dreams despite his ADHD, actively promoting many projects, including producing, writing and broadcasting for Christian television networks.

Stirring My Soul to Sing, Overcoming ADHD Through Song, is an encouragement for anyone or any parent of a child faced with overcoming the daunting obstacles connected with ADHD. Let Ian’s story give you hope.

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