

Pernille Dysthe

NON-FICTION

Hyper

Hyper

2006

This is an intense and deeply personal story about living with ADHD – and finding strategies for keeping it under control. In the midst of the anxiety, there is an indomitable will and a vulnerability that knows no boundaries. The desire for calm and routine is just as powerful as the desire for action and distraction from boredom. A

Hyper is Pernille Dysthes memoir of growing up with an inner restlessness she never understood – or knew just how to manage. Her struggle for peace and predictability is continually challenged by the need for action and addiction well into adult life, when she was finally diagnosed with ADHD.

Hyper – written in the course of 10 weeks – is Dysthe’s first book, spurred by an ongoing debate about the treatment of children with ADHD in Norway. The book questions society’s need to categorise or diagnose anyone who fails to fit within its norms and toe the line without asking questions.

Damm 2006
256 pages

So far sold to Sweden (Sivert).



Hyper is Pernille Dysthe’s first book. She works as a journalist for the monthly magazine HENNE.

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