

URL: <https://stvp.stanford.edu/clips/neurodiversity-and-entrepreneurship>

Andy Dunn, author and co-founder of Bonobos, encourages viewers to acknowledge the overlap of neurodiversity and entrepreneurship and to end the associated shame. Research shows that entrepreneurs have a five-times higher rate of mood disorders, he says, along with higher rates of other conditions. The 988 Suicide and Crisis Lifeline is a hotline for individuals in crisis or for those looking to help someone else. To speak with a trained listener, call 988. Visit [988lifeline.org](https://www.988lifeline.org) for crisis chat services or for more information. The Crisis Text Line is a texting service for emotional crisis support. To text with a trained helper, text SAVE to 741741. It is free, available 24/7, and confidential.



Transcript

- In the book, you talk about this overlap.. 00:00:07,320 You have some impressive numbers and research on the overlap of neurodiversity and entrepreneurship.. Can you speak to that a little bit? - Yeah, so while I was writing the book, 00:00:21,060 I learned that for American adults there might be 2% of folks who deal with some form of mood disorder or bipolar.. The University of California at San Francisco has a center where they study entrepreneurship and mental illness, and their research suggests that that number is 11% in the entrepreneurial population.. So it indexes five to one.. So now when someone with bipolar approaches me and says, hey, is it okay to be an entrepreneur? Should I do this? I say, of course, you're five times more likely to be successful, right? There's a five times higher rate and as we go through other stripes of neurodiversity, ADHD, OCD, high functioning autism, or Asperger's, unipolar depression, other issues like addiction, they all over index in neurodivergent populations.. And so I think it is high time to acknowledge that our strengths often have shadows, but those shadows need not consume us, if we find a way to hold ourselves accountable to getting better and the getting better requires the disclosure.. We can't get better if we're not honest with ourselves, our families, our friends, and our colleagues.. And a big part of that, as you so articulately put it, is expunging the shame that so unfairly and unjustly accompanies mental health challenges.. And I think we can do it..

I think it's happening in real time and I think I'm a tiny part of the way that zeitgeist is changing right now...