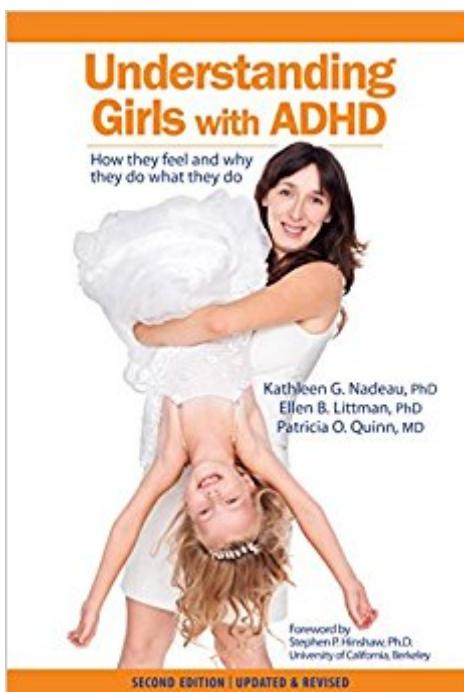


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# Understanding Girls With ADHD, Updated And Revised: How They Feel And Why They Do What They Do



## Synopsis

First written in 1999, the new edition of Understanding Girls with ADHD is better than ever. In this expanded and updated book, Kathleen Nadeau, Ellen Littman, and Patricia Quinn rise to the occasion and deliver a comprehensive, up-to-date, and readable book that illuminates the complexity of ADHD in girls and women, both across the lifespan and across multiple domains of life (e.g., home, school, the workplace, close relationships). Blending clinical examples, case material, and a masterful synthesis of research findings around the world, the authors reveal the roots of ADHD in females during the preschool years, also summarizing relevant causal factors, and display the highly individualized journeys through childhood, adolescence, and adulthood that these girls and women face. The book's latter chapters make use of the information on ADHD and development and provide a synthesis of the kinds of treatment strategies needed to intervene with the complex issues faced by girls and families who struggle with ADHD. The authors' working through the executive functioning deficits experienced by so many girls with ADHD—and their deployment of vivid examples of right vs. wrong ways of approaching such problems—will be of great importance for large numbers of families. Even more, the authors emphasize that ADHD rarely exists in a vacuum and that understanding and treating co-morbid disorders is essential.

Understanding Girls with ADHD does not shy away from key areas of controversy. How, for example, can a family know whether it's ADHD or another set of problems that's the primary issue? How does one deal with the potential use of medication, which is plagued by bad press and abundant myths but which can, as part of a multi-faceted treatment plan, provide great benefit if the right dose is found and if the doctor works with the family to monitor positive effects and side effects carefully? What about longterm risk for eating pathology, substance abuse, and other difficult areas of impairment of salience for girls? How can girls and their families break through the thicket of negative expectations and sometimes-toxic family interactions to pave the way for a different set of outcomes? Clearly, ADHD does not look the same across different individuals, especially girls.

Understanding Girls with ADHD emphasizes the multiple ways in which ADHD can manifest itself across different people, families, and ages. Always sensitive, and without hesitation in providing an authoritative tone, this book will empower girls and their families in ways that are sorely needed. Its emphasis on gender-specific manifestations of ADHD and its inclusion of practical means of attacking the executive-function deficits that plague girls and women with ADHD will ensure its continued status as core guidebook. Written with compassion and sensitivity, and full of the clinical wisdom that accompanies years of experience on the front lines, Understanding Girls with ADHD is the go-to book for those needing guidance, support, and knowledge about female manifestations of

ADHD.

## Book Information

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## Customer Reviews

Kathleen Nadeau, Ph.D., is a clinical psychologist and author or coauthor of a number of books, including ADD in the Workplace and Learning to Slow Down & Pay Attention.

I like that it focuses on things other than the obvious-for example, girls with ADHD are more likely to snore. While it's hard to determine if a wiggly preschooler is more inattentive or hyperactive than her peers (high activity and short attention span are almost hallmarks of early childhood) this book provides specific behavioral examples that are easier to observe and measure.

While reading this, I soon realized I've struggled with ADHD my entire life! Very insightful and helpful!

This is an important work. Many people are not aware of how differently ADHD presents in girls. This book is outstanding in explaining what to look for if you suspect that your girl child may be ADHD.

Wish I would have read this years and years ago. If you are a teacher or parent or counselor, please read this book! I learned a ton.

Excellent book. Clearly identifies and explains the significant differences of how and when ADHD presents in girls.

Extremely helpful in understanding the challenges of raising a girl with ADHD. Our granddaughter has been recently diagnosed with attention deficit disorder. This book explains why she has struggled so much in school, yet she is very bright. It is very detailed, well organized, and easy to read. The suggestions about how to help her are both practical and grounded in research.

Excellent read for a parent of a girl with ADHD. I wish it had more tips on what to do. Felt it was mostly how to understand them. Lots of scary statistics, would have loved to see ways to avoid the pitfalls of ADHD.

The first edition was good and the up-date adds to it..

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