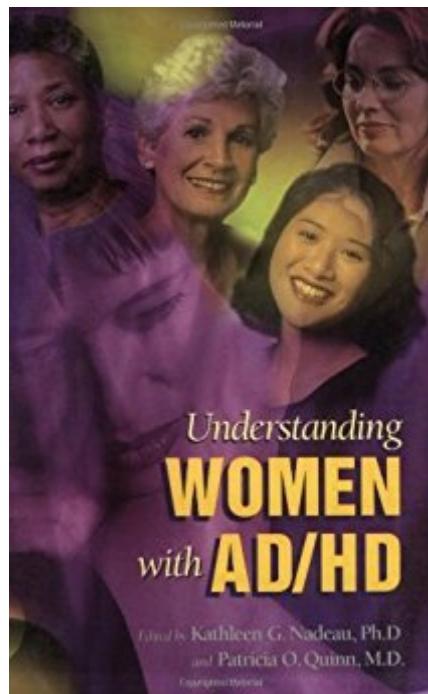


The book was found

Understanding Women With AD/HD



Synopsis

Understanding Women with AD/HD is designed to be a practical and readable guide for women at any age, with special chapters focusing on different stages of life.

Book Information

File Size: 2830 KB

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Customer Reviews

Recommended by my therapist when I was in college. I finally got around to reading it as an adult and wish I had read it back in the day...Fortunately, and unfortunately, it's like reading a diary of my life so far. I suffered EVERY one of the AD/HD pitfalls as a student, 20-something entry-level worker, and new-mother that the book readily presents as common problems when you are untreated. I cried during the first few chapters because there were so many things that made sense, but also so many things I wish I'd known about and actively tried to avoid. I wiped my tears, put on my big girl pants, and read through the other chapters so that I can be ready to avoid the other common pitfalls that may arise in my marriage, parenthood, and worklife in future. My husband is a

sweetheart and started reading through it to help get a better picture of the things I go through on a daily basis. He says it's been an excellent perspective into our life together and we've purchased more ADD books that dive into detailed ways to help keep a healthy as a couple. A MUST read for all of the busy, unique, creative, NOT LAZY girls out there who are quietly suffering because our brains don't fit in sometimes.

The answer to so many of my questions. For me, as a woman that has just been diagnosed with ADD on my 52nd birthday, this book has been a life saver. A must read for all women who suspect they may have it, think someone they know might have it or has already been diagnosed with it. This is my personal favorite out of all the books on this subject.

Very helpful. Recommended by a therapist

Anyone with an ADHD brain, or anyone who has someone in their life, who has an ADHD brain, will greatly benefit from the information in this book. It is an invaluable resource that provides insights into the ADHD world as females experience it. This book also highlights the colossal failure of the DSM 5, and previous editions with regards to addressing the ADHD brain of females. Both professionals and laypersons will find this book an important tool and a must have when learning about the complexities of ADHD and females throughout the lifespan.

This is quite scholarly, difficult and technical. Much more than I needed, however it offers an historical view that is interesting and gives one hope that research will continue.

Terrific book. It's high time this topic was dealt with so well.

ADHD CLASSIC.

Exactly what I was expecting and fast shipping.

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