

Book and Website List

Books to help you recognize, understand and deal with AD/HD in Women and Girls:

You Mean I'm Not Lazy, Stupid or Crazy – Kate Kelly and Peggy Ramundo

Survival Tips for Women – Terry Matlen, M.S.W.

Women with Attention Deficit Disorder - Sari Solden

ADD-friendly Ways to Organize Your Life – Judith Kolberg and Kathleen Nadeau, Ph.D.

Attention Deficit Disorder (The Unfocused Mind in Children and Adults), Thomas E. Brown, Ph.D.

Healing ADD – The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD – Daniel G. Amen, M.D.

Understanding Women with AD/HD – Kathleen Nadeau and Patricia Quinn

Finding a Career That Works for You: A Step-by-Step Guide to Choosing a Career and Finding a Job - Wilma R. Fellman, M. Ed Fellman

Websites providing helpful information:

(ADDA) Attention Deficit Disorder Association - www.add.org

(CHADD) Children with attention deficit disorder – www.chadd.org
For Parent Training – www.chadd.org/parent2parent

(CACLD) CT Association for Children and Adults with Learning Disabilities -
www.caclld.org

(NIMH) National Institute for Mental Health – www.nimh.nih.gov

Amen Clinic – www.brainplace.com