

## **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](http://www.add.org)

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

(CACLD) CT Association for Children and Adults with Learning Disabilities -  
[www.caclld.org](http://www.caclld.org)

(NIMH) National Institute for Mental Health – [www.nimh.nih.gov](http://www.nimh.nih.gov)

Amen Clinic – [www.brainplace.com](http://www.brainplace.com)