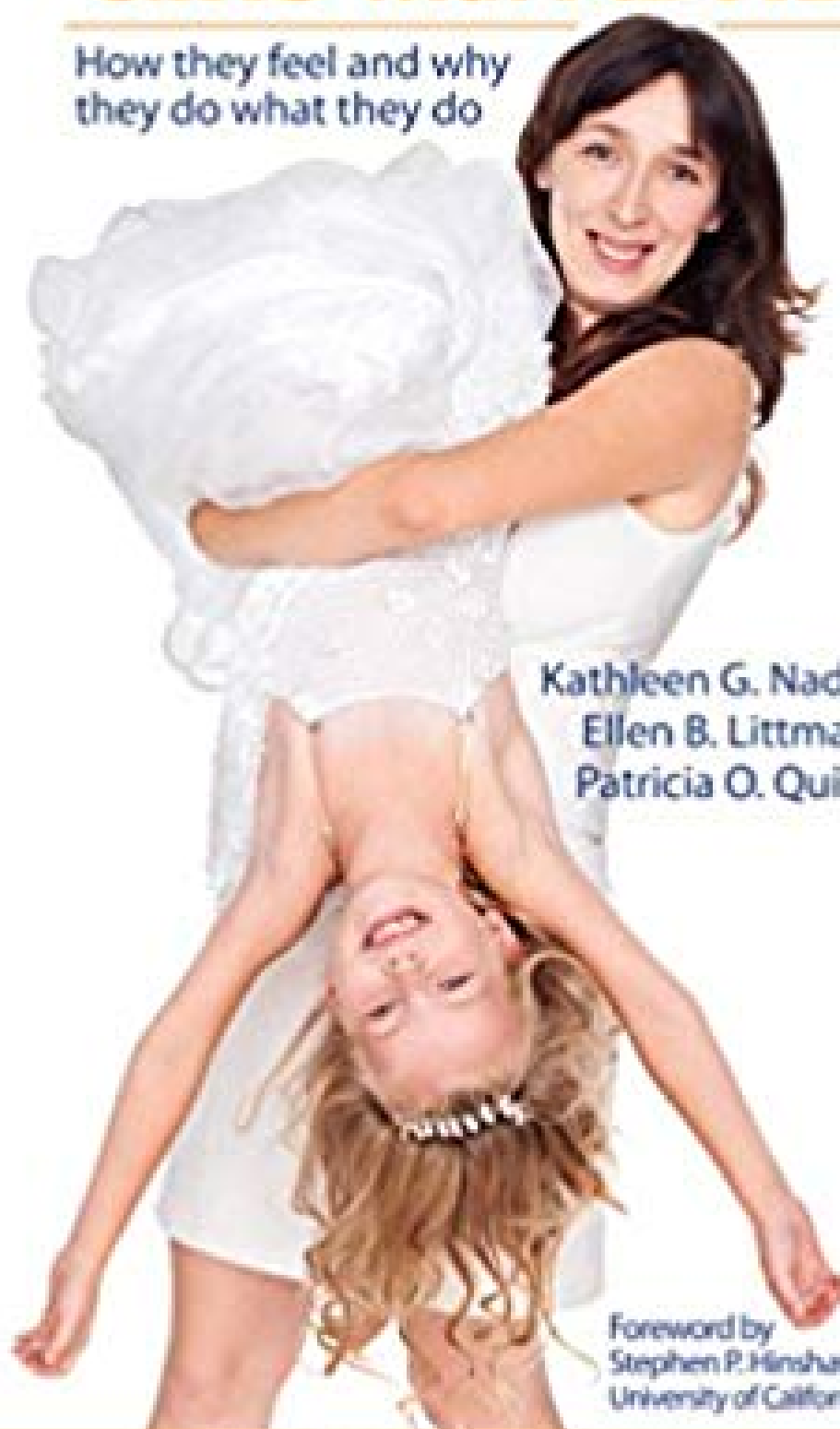


# Understanding Girls with ADHD

How they feel and why they do what they do



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SECOND EDITION | UPDATED & REVISED

Kathleen Nadeau and

# Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do



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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 publication 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 romantic relationships). Blending clinical examples, case materials, and a masterful synthesis of study findings all over the world, the authors reveal the roots of ADHD in females through the preschool years, also summarizing relevant causal factors, and display the extremely individualized journeys through childhood, adolescence, and adulthood that these girls and women encounter. The book's latter chapters make use of the details on ADHD and development and offer a synthesis of the types of treatment strategies needed to intervene with the complicated issues faced by women and families who have a problem with ADHD. Usually sensitive, and without hesitation in providing an authoritative tone, this book can empower girls and their families in ways that are sorely needed. Wrong ways of approaching such problems? Will end up being of great importance for large numbers of households. How does one deal with the potential use of medicine, which is plagued by poor press and abundant myths but that may, within a multi-faceted treatment plan, provide great benefit if the proper dose is available and if the physician works with the family to monitor results and unwanted effects carefully? How, for instance, can a family group know if it's ADHD or another group of problems that's the primary concern? *Understanding Women with ADHD* does not shy away from key areas of controversy. A lot more, the authors emphasize that ADHD rarely exists in vacuum pressure and that understanding and dealing with co-morbid disorders is essential. How about longterm risk for consuming pathology, drug abuse, and other tough regions of impairment of salience for girls? How do girls and their families break through the thicket of adverse expectations and sometimes-toxic family interactions to pave the way for a different group of outcomes? *Understanding Young ladies with ADHD* emphasizes the multiple ways in which ADHD can manifest itself across differing people, families, and ages. Clearly, ADHD does not look the same across different individuals, specifically girls. The authors' operating through the executive working deficits skilled by so many ladies with ADHD? and their deployment of vivid examples of correct vs. Its emphasis on gender-specific manifestations of ADHD and its own inclusion of practical method of attacking the executive-function deficits that plague girls and ladies with ADHD will make sure its continued position as core guidebook. Written with compassion and sensitivity, and filled with the medical wisdom that accompanies years of experience on the front lines, *Understanding Girls with ADHD* may be the go-to book for all those needing assistance, support, and understanding of feminine manifestations of ADHD.



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