

DR. STEIN'S GO TO

ADHD RESOURCE LIST

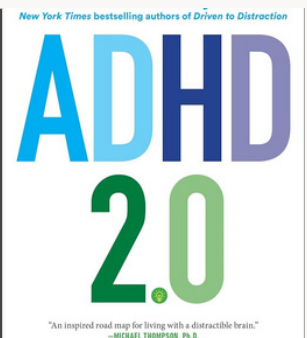
[HTTPS://CHADD.ORG](https://chadd.org)

FOUNDED IN 1987, CHADD PROVIDES EVIDENCE-BASED EDUCATION, ADVOCACY, AND RESOURCES FOR CHILDREN, TEENS, AND ADULTS WITH ADHD. THE ORGANIZATION OFFERS HELPFUL ARTICLES, WEBINARS, SUPPORT GROUPS, PROFESSIONAL DIRECTORIES, PARENTING TOOLS, AND GUIDANCE FOR NAVIGATING SCHOOL, WORK, AND DAILY LIFE WITH ADHD. CHADD ALSO PARTNERS WITH EXPERTS AND PUBLIC HEALTH ORGANIZATIONS TO PROMOTE GREATER AWARENESS AND UNDERSTANDING OF ADHD.



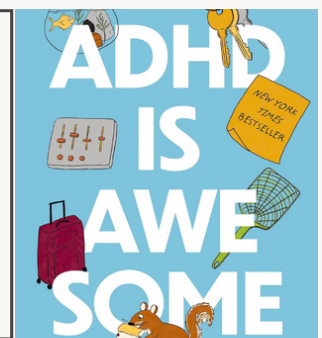
ADHD 2.0

ADHD 2.0: NEW SCIENCE AND ESSENTIAL STRATEGIES FOR THRIVING WITH DISTRACTION COMBINES CURRENT RESEARCH WITH PRACTICAL STRATEGIES FOR MANAGING ATTENTION, MOTIVATION, ORGANIZATION, AND EMOTIONAL REGULATION. THE AUTHORS EMPHASIZE THAT ADHD IS NOT SIMPLY A DEFICIT, BUT A DIFFERENT WAY OF THINKING THAT CAN COME WITH CREATIVITY, ENERGY, AND INNOVATION WHEN PROPERLY UNDERSTOOD AND SUPPORTED. THE BOOK IS WRITTEN IN AN ACCESSIBLE, ENCOURAGING STYLE FOR BOTH ADULTS.



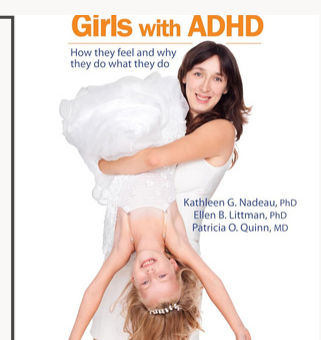
ADHD IS AWESOME

ADHD IS AWESOME: A GUIDE TO (MOSTLY) THRIVING WITH ADHD BLENDS PRACTICAL COPING STRATEGIES WITH REAL-LIFE EXPERIENCES TO HELP READERS BETTER UNDERSTAND THE STRENGTHS AND CHALLENGES ASSOCIATED WITH ADHD. THE AUTHORS FOCUS ON REDUCING SHAME, BUILDING SELF-AWARENESS, AND EMBRACING THE CREATIVITY, ENERGY, AND UNIQUE THINKING STYLES THAT OFTEN ACCOMPANY ADHD. ITS CONVERSATIONAL TONE MAKES IT ESPECIALLY APPROACHABLE FOR TEENS, ADULTS, AND FAMILIES LOOKING FOR SUPPORTIVE AND EASY-TO-DIGEST GUIDANCE.



UNDERSTANDING GIRLS WITH ADHD

UNDERSTAND GIRLS WITH ADHD IS A GUIDE THAT EXPLORES HOW ADHD UNIQUELY PRESENTS IN GIRLS AND WOMEN. DRAWING ON CURRENT RESEARCH AND CLINICAL EXPERIENCE, EXPLAINING EMOTIONAL, BEHAVIORAL, AND EXECUTIVE FUNCTIONING CHALLENGES ASSOCIATED WITH ADHD ACROSS CHILDHOOD, ADOLESCENCE, AND ADULTHOOD. THE BOOK OFFERS PRACTICAL STRATEGIES FOR SUPPORTING GIRLS WITH ADHD, ADDRESSING CO-OCCURRING CONDITIONS, AND HELPING FAMILIES, EDUCATORS, AND CLINICIANS BETTER UNDERSTAND AND NAVIGATE THE FEMALE EXPERIENCE OF ADHD.



THE RESOURCES INCLUDED IN THIS DOCUMENT ARE PROVIDED FOR INFORMATIONAL AND EDUCATIONAL PURPOSES ONLY. THEY ARE RECOMMENDATIONS BASED ON PROFESSIONAL EXPERIENCE AND COMMONLY REFERENCED MATERIALS WITHIN THE FIELD. INCLUSION IN THIS LIST DOES NOT CONSTITUTE A PAID ENDORSEMENT, SPONSORSHIP, OR FORMAL AFFILIATION WITH ANY ORGANIZATION, AUTHOR, OR PUBLISHER. FAMILIES ARE ENCOURAGED TO REVIEW RESOURCES INDEPENDENTLY AND DETERMINE WHAT MAY BE THE BEST FIT FOR THEIR INDIVIDUAL NEEDS.