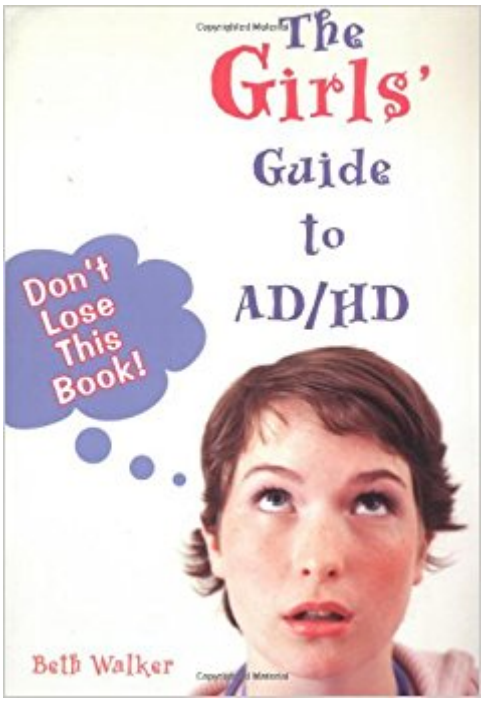
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The Girls' Guide To AD/HD



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Synopsis

Attention, girls with AD/HD! Finally there is a book written especially for you-–a for-your-eyes-only look at what it is like to have AD/HD, and great advice on how to cope with it. THE GIRLS’ GUIDE TO AD/HD explores the good stuff, not-so-good stuff, normal stuff, brain stuff, and truthfully, the stuff that isn’t in any other book out there on AD/HD. Really! So what makes this book different? It is funny, honest, and written especially for girls, not for their parents. It presents all the must-know information about AD/HD in a style that girls in junior, middle, or high school will understand and want to read. An important first step is to get to know how AD/HD affects girls in particular. They might be some combination of dreamy, forgetful, emotional, messy, depressed, talkative, distractible, or fidgety. They might also have trouble starting and finishing homework and chores, falling asleep and getting up, or fitting in with peers. Recognizing this mix of characteristics, the book presents information using three different girl characters-—Maddy, Helen, and Bo—-each with a unique personality and combination of AD/HD traits. Maddy, Helen, and Bo cover all there is to know, including: -What AD/HD is like for girls -How the AD/HD brain works -How puberty compounds problems with AD/HD -How counseling, coaching, and medications help -How to deal with emotions from anger to anxiety to depression -What advantages there are to having AD/HD -How to cope with school and homework -How to get along with family and friends Armed with this knowledge about AD/HD and the unbeatable advice found in this book, girls will be ready to accept the impact of AD/HD and decide how they are going to deal with it. It won’t be easy, but it will be worth it! THE GIRLS’ GUIDE TO AD/HD should be essential reading for girls, but also for parents, counselors, teachers, psychologists, and anyone who knows a girl with AD/HD and wants to understand her better.

Book Information

Paperback: 174 pages

Publisher: Woodbine House (November 1, 2004)

Language: English

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Product Dimensions: 9.8 x 7 x 0.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.9 out of 5 stars 26 customer reviews

Best Sellers Rank: #474,097 in Books (See Top 100 in Books) #27 inÃ Â Books > Teens > Social

Issues > Special Needs #57 inÃ Â Books > Teens > Education & Reference > School & Education #81 inÃ Â Books > Teens > Education & Reference > Social Science > Psychology

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Grade 7 Up - Walker covers a wide spectrum of topics to provide both technical and practical facts about AD/HD. Although the information is comprehensive, it may be too overwhelming for girls who have difficulty attacking larger tasks (like reading such a dense book). The writing style varies, but generally Walker tries to be conversational and teen-friendly. The text is written from the viewpoint of Maddy, a fictional character with AD/HD. Sprinkled throughout are "conversations" among her and two of her friends, also girls with AD/HD. Sometimes these discussions work, sometimes they don’t (the voice tries hard to be cool, but may end up sounding flip). Despite the chatty tone, much of the narrative seems to target an adult audience and would make a good resource for parents, teachers, and other school staff. There are many good things about this book, but its cluttered layout makes it challenging for its intended audience. - Mary Hazelton, Warren Community School and Miller Elementary School, ME Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"The substantive information on the disorder is quite accurate and is presented in an easy, chatty style." -- Attention! Magazine, August 2005"This is an invaluable resource for girls and their parents." -- NewsLine (Federation for Children with Special Needs), Volume 26, Number 2, Fall 2005"This refreshing book, written for teenaged girls with AD/HD, has as much spunk and character as its intended audience." -- ADDitude Magazine, April/May 2005"[A] welcome tool for teenage girls and the adults who care for them." -- DDNA NewsNetwork, Winter/Spring 2005"[M]ust reading for girls having to cope with this...condition and should be available in every school and community library." -- Children’s Bookwatch, January 2005"[U]nique in its very lively and attractive presentation, and in its discussion of gender differences in attention problems..." -- Canadian Journal of Occupational Therapy, April 2006

Excellent book for my newly diagnosed teen girl. This book directly TO her instead of talking ABOUT her as if she were some test subject to be observed. After she got it she came to me with revelations as to why she had been having difficulties even while on medication as the book helped

her to understand that when your cycle comes, emotions may be off, sleep may be off or you may just be OFF. She could see herself in each of the persons mentioned in the book and keeps it as a memorur of sorts..she says its her life story but she didn't have to type it.(I'll take that as long as it helps.)

This book is simply amazing. I was first diagnosed when I was five, and didn't really know what AD/HD was other than it meant I was hyper sometimes and couldn't always focus. When I got re-tested at 16, my tester recommended I become more informed about AD/HD, so I bought a few books, and honestly, this is the only one that I ever finished (heck this is the only one that I even read of full chapter of). This book made me realize just how many of my annoying habits weren't my fault and helped improve my self-confidence IMMENSELY. I even lent it to a 12 year old boy after he got diagnosed and he loved it too. I am now a freshman in college and still find myself explaining the science of AD/HD in the same terms this book did. Unfortunately, I lost my copy (ironic, I know)but I am planning on buying a new copy very soon.

I got this book for my daughter and it was a great investment. I actually had to buy another one because she did lose it! Anyway, it helped her understand her own brain and see her strengths and weaknesses. It gave her a confidence and control no one else could. I highly recommend this book for girls.

I bought this for my 11 daughter who looses everything! She reads a lot but keeping her focus on a self help type of book was difficult mostly because of her age. After she read it she referred to things she learned about herself in the book quite often. It hasn't changed our or her lives overnight however I feel like she gained a lot of insightful information and hope that as she continues to grow she will glean more age and situational information tools to help her function more effectively.

I bought this for my newly-diagnosed 9-year-old and have decided to keep it until she is a little older. Looks well written and presented in an interesting format. But it addresses issues that a little bit older girl needs to read about, not a 9-year-old.

Great guide for any teenager (or adult) with ADD. Very user friendly, great tips, and an easy read. Good condition, quick ship, good price, thank you.

Great resource for parents & educators who want to see a young ladies soar with A.D.H.D !ÃƒÂ Ã Å¸Ã ËœÃ Â•

My daughter loved this book!

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Erotica, Gay, Femboy, Forced Femme, Sissy Fiction) Good Girls Gape Wider: Some girls were born to be stretched

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