



# E-Library

Young Adults Age 18 to 25

**Disclaimer** Resources are from national organizations, reputable websites and podcasts, and scientific journal articles. The Duke Center for Girls & Women with ADHD is not responsible for the content or security and privacy policies on third party websites. If there are resources you would like to see in the e-library, please email our staff at [ADHDGirls@dm.duke.edu](mailto:ADHDGirls@dm.duke.edu) for consideration.

## Books

[Adventures in Fast Forward: Life, Love, and Work for the ADD Adult](#) *Kathleen G. Nadeau*

[Living with Inattentive ADHD: Climbing the Circular Staircase of Attention Deficit Hyperactivity Disorder](#)  
*Cynthia Hammer, MSW*

[Out of the Fog: Treatment Options and Coping Strategies for Adult Attention Deficit Disorder](#) *Kevin R. Murphy, PhD, and Suzanne LeVert*

[A Radical Guide for Women with ADHD: Embrace Neurodiversity, Live Boldly, and Break Through Barriers](#)  
*Sari Solden, MS, and Michelle Frank, PsyD*

[Taking Charge of Adult ADHD](#) *Russell A. Barkley, PhD, with Christine M. Benton*

[The Mindfulness Prescription for Adult ADHD](#)  
*Dr. Lidia Zylovska*

## Websites

[ADDitude Magazine](#)

[Attention Deficit Disorder Association](#)

[Centers for Disease Control and Prevention](#)

[Healthline](#)

[How to ADHD](#)

[Inattentive ADHD Coalition](#)

[National Resource Center \(NRC\) on ADHD](#)  
*a CHADD program*

[UC Davis Mind Institute](#)

## Podcasts, Webinars, and Videos

[ADDitude Magazine](#)

[ADDitude Webinar: ADHD, Pregnancy, and Motherhood](#)

[Inattentive ADHD Coalition](#)

[CHADD](#)

[How To ADHD: ADHD in Women](#)

[Therapy for Black Girls – Episode 197: ADHD Diagnosis Later in Life](#)

[Why is ADHD Different for Women: Gender-Specific Symptoms & Treatments](#)

## National Organizations

[Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

[National Institute of Mental Health \(National Institutes of Health\)](#)

[The American Professional Society of ADHD and Related Disorders](#)

## Scientific Articles

[Annual Research Review: Attention Deficit/Hyperactivity Disorder in Girls and Women: Underrepresentation, Longitudinal Processes, and Key Directions](#) *Stephen P. Hinshaw et al.*

*A summary of this article, and interview with one of the co-authors, is available on the Duke Center for Girls & Women with ADHD's [website](#).*

[Females with ADHD: An expert consensus statement taking lifespan approach providing guidance for the identification and treatment of attention-deficit/hyperactivity disorder in girls and women](#) *Young et al.*

[Gender Differences in ADHD and Their Clinical Implications](#) *Ellen B. Littman, PhD*

[Genetics of Attention Deficit Hyperactivity Disorder](#)  
*Stephen V. Faraone & Henrik Larsson*

[Practitioner Review: What Have We Learnt About the Causes of ADHD?](#) *Anita Thapar et al.*