



E-Library

Adults

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 for consideration. Note: 📌 indicates new resource.

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

[Still Distracted After All These Years: Help and Support for Older Adults with ADHD](#) Kathleen Nadeau, PhD

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

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

Websites

[ADDitude Magazine](#)

- [Why ADHD is Different for People of Color](#) Dawn K. Brown, M.D. 📌

[Attention Deficit Disorder Association](#)

[Centers for Disease Control and Prevention](#)

[Healthline](#)

[How to ADHD](#)

[Inattentive ADHD Coalition](#)

[MGH Center for Women's Mental Health](#) 📌

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

[Psychiatry - UK The National Online Psychiatry Service](#)

[UC Davis Mind Institute](#)

Podcasts, Webinars, and Videos

[ADDitude Magazine](#)

- [Health Equity in ADHD: Addressing Racial Disparities in Diagnosis & Treatment - Live Webinar on March 7th, 2024](#) 📌

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

[CHADD](#)

- [Black History Month](#) 📌

[Hill Learning Center's Community Education Series](#)

[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 \(CHADD\)](#)

- [Black History Month](#) 📌
- [Black History Month Resources for Families](#) 📌

[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.