



# 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 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

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

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

Inattentive ADHD Coalition

CHADD

- Black History Month 

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.