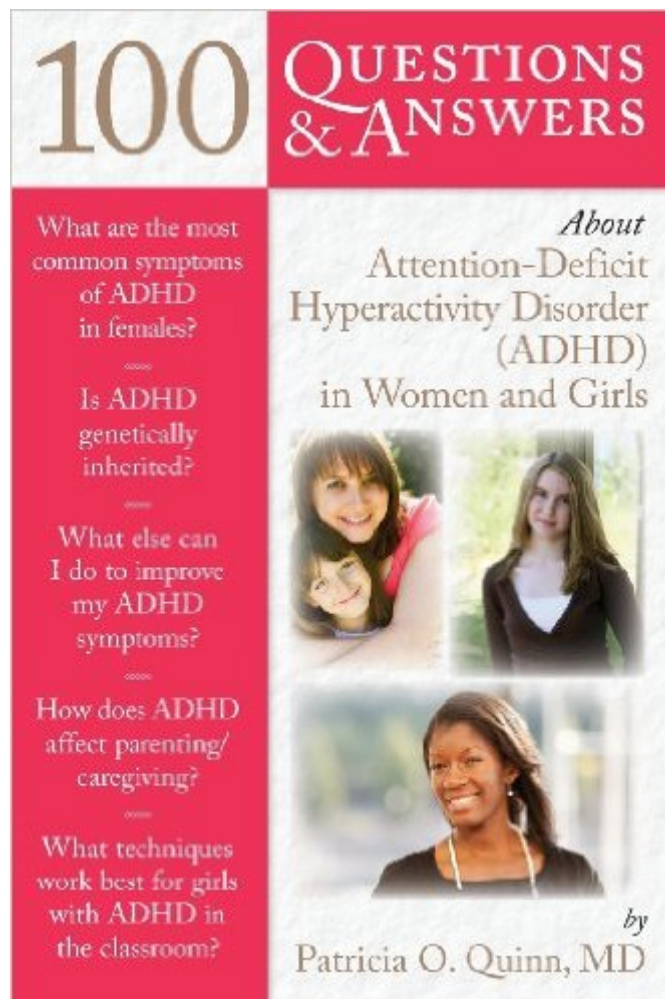


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# 100 Questions & Answers About Attention Deficit Hyperactivity Disorder (ADHD) In Women And Girls



## Synopsis

If you are a woman who has been diagnosed with attention-deficit hyperactivity disorder (ADHD), or the parent of a girl with the condition, this book offers help. *100 Questions & Answers About Attention-Deficit Hyperactivity Disorder (ADHD) in Women and Girls* provides authoritative, practical answers to common questions about this disorder. Written by a renowned ADHD specialist, this book presents important information about common symptoms, the diagnosis process, management, and sources of support for women and girls with ADHD. An invaluable resource, this book provides the necessary tools for anyone coping with the emotional turmoil caused by ADHD.

## Book Information

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## Customer Reviews

As a longtime fan of Dr. Patricia Quinn, a pioneering expert in the field of ADHD, I am happy to welcome this comprehensive but wholly user-friendly guide. If you are a woman with ADHD (or love a woman or girl with ADHD) this book should move to the top of your reading list. I love that this book covers the ADHD basics in a straightforward Question-and-Answer format -- everything from the genetics and commonly co-existing conditions to the evidence-based treatment strategies. This format keeps the reader from suffering "information overload" and constrains the information in useable chunks. Pick up reading at any point, returning to some questions again and again as you progress in your knowledge and treatment. The writing style is friendly and conversational. As a longtime practicing physician and popular international speaker, Dr. Quinn avoids the clinical jargon

and reaches out to the person with warm and wise counsel. Many new books address Adult ADHD, but very few also explain the issues that are more specific to women with ADHD. This book does BOTH, serving as a solid one-stop-shopping guide for women with ADHD, their partners, and the parents of girls and women with ADHD. (Frankly, even men with ADHD will find this guide helpful; many ADHD-related issues affect both genders, and most of Dr. Quinn's explanations and advice apply to everyone.) Here are just a few of the questions of specific interest to women with ADHD:-- What parenting style should I adopt if my daughter has ADHD? Disciplinarian? Compassionate mentor? Drillmaster? What is the best parenting style for a mother with ADHD to employ?-- How can I start a family when I already have so many problems with my own ADHD?-- Why do some women and girls with ADHD become perfectionists or develop obsessive-compulsive behaviors?-- Is there a connection between ADHD and fibromyalgia?-- The many tasks of mothering and constant kid distractions/demands bring out my ADHD symptoms more acutely and make me cranky and short-tempered. What can I do?-- Is it safe to take medications for the treatment of ADHD when pregnant?-- How can a woman thrown into the role of caregiver for an elderly parent get everything done at home and keep from being overwhelmed? And many more.....

Patricia Quinn is our hero as women with ADHD. She's the doctor who understands and advocates for furthering study and information about the significant differences in the female experience of ADHD and even in the response to ADHD medications. So it goes without question that I was excited to read this new book. It's not her first book on the subject, but I hoped it would provide a very (ADHD-) accessible source of information on various related issues. It does, in a female-friendly way. That sounds horrid, a female-friendly way, but what I mean is that it includes a lot of basic overview about ADHD, treatments, manifestations, co-occurring disorders (comorbidities), etc, in a way that you know that, if you are female and have ADHD, it is actually about you- and is not based in the many years of assumption that fidgety boys were the people with ADHD. I'm not saying we aren't beyond this- just that it's nice to have a book that has the basics, and in a way that makes you feel, yes, we get that you aren't that boy. And that there are real differences. Though I'd love a lot more detail on cyclical hormonal fluctuations and their interaction with both ADHD and medication efficacy, in this Q&A form of book I'm quite happy with the fact that she points out that this is an issue. It's something I've spent a lot of time discussing and tracking with clients who are trying to get a handle on this issue, and it is hard to find a lot in print about it, let alone physicians who understand it. Dr. Quinn covers the basics, but also addresses some real life issues like moving and motherhood; dating and sexuality; and of course coaching. (Had to throw

that in.) It's a lot but it's not overwhelming because of the format, and I feel like she's further opening the discussion on many of these things that is far too often neglected and not very advanced. But beyond this, I am pleased as punch to find a book with a bunch of the basics of the facts, and experience of, ADHD in women and girls, in a format that I can read like a woman with ADHD. I can start by picking up and reading something in the middle and get something out of it- and then go back and read contents, or look things up in the index. And, if you're me, do that for a while and then go back and read chapter by chapter. Later, return and pick it up for a question or two. In other words, you can read and absorb the information whichever way fits you without feeling like you have to read cover to cover to have "read" it. Though after getting a peak here and there, you'll want to.

I bought this book, and the general 100 Qs & As about ADHD. I've discovered that both books complement one another - with only a very small amount of overlapping facts. I bought both these books (and some others by Dr. Barkley), because I've been recently diagnosed with ADHD as an adult. I found this book to be more relevant to me, based on emotional & hormonal issues discussed in a clear, concise way - and with a few diagrams. I've been able to use the 100 Qs & As about ADHD in Women and Girls as a springboard for productive discussions with both my doctor, and my family.

I was glad I read this book. My doctors don't think I have ADD, but I sense that I do, and now I understand why that is. There are differences between how girls/women manifest ADD, and how men/boys manifest it, and not nearly enough press has been given to that aspect. I found this book very helpful and reassuring. It addressed a lot of questions that I had. Worth reading.

This is one of the best ADHD books for girls I have read. It helped me immensely in understanding my daughter's behaviors. This book released me from the frustrations I used to have. I have become a much more understanding and supportive mother for my daughter. I strongly recommend mothers and teachers who interact with ADHD girls on a daily basis to read this book. My sincere thank you to Dr. Quinn.

Great book - tough - just so very tough

Good information

Fake expert. Those who can't do write books.

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