



The Girls' Guide to AD/HD

Beth Walker

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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.

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Ronald Malone:

Hey guys, do you wishes to finds a new book to see? May be the book with the headline The Girls' Guide to AD/HD suitable to you? Typically the book was written by famous writer in this era. The particular book untitled The Girls' Guide to AD/HD is the one of several books that will everyone read now. That book was inspired lots of people in the world. When you read this e-book you will enter the new dimension that you ever know ahead of. The author explained their concept in the simple way, and so all of people can easily to know the core of this guide. This book will give you a great deal of information about this world now. To help you see the represented of the world on this book.

John Day:

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Judy Yelle:

Reading can called brain hangout, why? Because while you are reading a book mainly book entitled The Girls' Guide to AD/HD the mind will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation which maybe you never get ahead of. The The Girls' Guide to AD/HD giving you a different experience more than blown away your thoughts but also giving you useful info for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary investing spare time activity?

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