

Books for ADHD

For Parents

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood by Edward Hallowell & John Ratey

The Girls Guide to ADHD by Beth Walker

Taking Charge of ADHD: A Practical Guide for Teachers and Parents (Fourth Edition) by Russell A. Barkley

Understanding Girls with ADHD: How they Feel and Why they do What they do by Kathleen G. Nadeau

For Children

The Adventures of Phoebe Flower: Stories of a Girl with ADHD by Barbara Roberts

Attention, Girls! A Guide to Learn all about your ADHD by Patricia Quinn

Cory Stories: A Kid's Book about Living with ADHD by Jeanne Kraus

Learning to Slow Down and Pay Attention: A Book for Kids about ADHD by Kathleen G. Nadeau

Pay Attention Emily Brown by Linda Burton

Putting on the Brakes: Understanding and Taking Control of your ADD or ADHD by Patricia O. Quinn

Stop, Relax, and Think Workbook by Lisa Schab

Stop! Think! Choose! Building Emotional Intelligence in Young People by Katta Mapes

The Survival Guide for Kids with ADHD by John F. Taylor, PhD