



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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Dolores Stiger:

This The Girls' Guide to AD/HD are reliable for you who want to be a successful person, why. The reason of this The Girls' Guide to AD/HD can be among the great books you must have is actually giving you more than just simple studying food but feed you with information that probably will shock your before knowledge. This book is definitely handy, you can bring it all over the place and whenever your conditions at e-book and printed people. Beside that this The Girls' Guide to AD/HD forcing you to have an enormous of experience for instance rich vocabulary, giving you demo of critical thinking that we understand it useful in your day task. So , let's have it appreciate reading.

Rose Sosa:

Reading can called imagination hangout, why? Because when you are reading a book mainly book entitled The Girls' Guide to AD/HD the mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely might be your mind friends. Imaging each and every word written in a book then become one form conclusion and explanation in which maybe you never get previous to. The The Girls' Guide to AD/HD giving you an additional experience more than blown away the mind but also giving you useful information for your better life with this era. So now let us explain to you the relaxing pattern at this point is your body and mind will be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary spending spare time activity?

Jerry Smith:

The book untitled The Girls' Guide to AD/HD contain a lot of information on this. The writer explains the girl idea with easy means. The language is very clear to see all the people, so do not necessarily worry, you can easy to read it. The book was authored by famous author. The author will bring you in the new period of literary works. You can actually read this book because you can keep reading your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice examine.

Ann Goddard:

In this age globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The book that recommended to your account is The Girls' Guide to AD/HD this publication consist a lot of the information of the condition of this world now. That book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some exploration when he makes this book. That's why this book suitable all of you.

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