

ADDitude ADHD Webinar

## **Midlife ADHD Diagnosis in Women: Meet The Challenges, Unlock Your Potential, Find Happiness**

with Zoë Kessler, B.A., B.Ed.

### **RESOURCES**

This is just a tiny sampling of what's available, but it's a great starting place to learn about ADHD, and particularly ADHD in women.

Twitter is also a great place to find bloggers, authors, support groups, new products, new research, links to helpful articles and so much more! To get you started, Follow me at @ChickADD44 . Look at the list of people I Follow to find more great ADHD resources (and a few of my long-lost friends).

All the best to you on your ADHD journey!

Zoë Kessler, author, *ADHD According to Zoë*

#### **Books**

Aron, E. N. 1996. *The Highly Sensitive Person*.

Kelly, K., and P. Ramundo. 1993. *You Mean I'm Not Lazy, Stupid or Crazy?! A Self-Help Book for Adults with Attention Deficit Disorder*.

Kessler, Z. ADHD *According to Zoë – The Real Deal on Relationships, Finding Your Focus, and Finding Your Keys*. (pub.: Sept. 1, 2013)

Nadeau, K. G., and P. Quinn (eds.). 2002. *Understanding Women with AD/HD*.

Novotni, M., and R. Petersen. 1999. *What Does Everyone Know That I Don't? Social Skills Help for Adults with Attention Deficit/Hyperactivity Disorder (AD/HD)*.

Orlov, M. 2010. *The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps*.

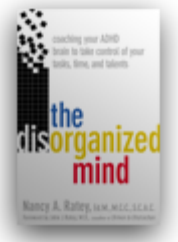
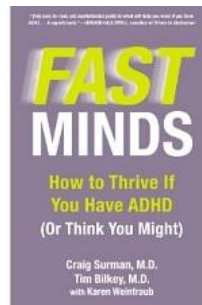
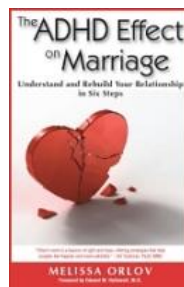
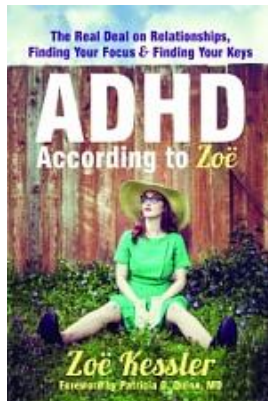
Ratey, N. 2008. *The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents*.

## Midlife ADHD Diagnosis in Women: Meet The Challenges, Unlock Your Potential, Find Happiness: RESOURCES

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Sarkis, S. M. 2005. *10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals*

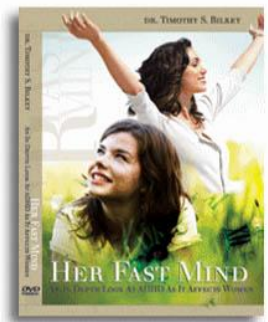
Surman, C. and T. Bilkey, Fast Minds – *How to Thrive if You Have ADHD (Or Think You Might)*



### Documentaries

*Her Fast Mind: An In Depth Look at ADHD as It Affects Women*

<http://bilkeyadhd.com/adhd-and-women/>



*A Mind Like Mine*

<http://wordshopproductions.com/a-mind-like-mine/>

### Blogs

*ADHD from A to Zoë*

<http://blogs.psychcentral.com/adhd-zoe/>

*Confessions of an ADDiva*

<http://www.additudemag.com/adhdblogs/8/index.html>

*Moms with ADD/ADHD*

<http://www.momswithadd.com/>

**Webinars**

*ADDClasses.com*

<http://www.addclasses.com/classes/free-teleseminar/>

*ADDitude ADHD Expert Webinars*

<http://www.additudemag.com/webinars>

*TotallyADD.com*

<http://totallyadd.com/webinars/>

**Support Groups**

*CHADD*

<http://www.chadd.org/>

*CHADD Canada*

<http://www.chaddcanada.org/>

*ADHD Support Groups and Resources (compiled by Pete Quily Adult ADD Coach)*

<http://www.addcoach4u.com/support/addsupportgroupresources.html>

**Online Forums**

*TotallyADD.com*

<http://totallyaddconnect.com/forums>

**Articles**

Hallowell, E. M. 2010. "Is It ADHD or Menopause?" *ADDitude Magazine* 11(2):18.

**Podcasts**

*Attention Talk Radio*

<http://www.blogtalkradio.com/attentiontalkradio>