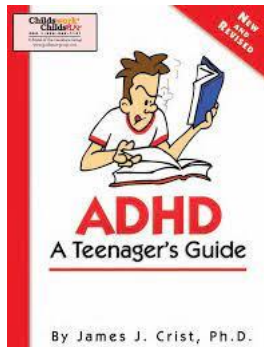


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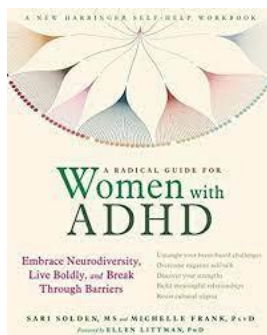
Annotated Bibliography
Books about Attention Deficit Hyperactive Disorder

Crist, J. (2007). *ADHD-- a Teenager's Guide*. Childswork/Childsplay. (Grades 7-10).



This book is framed in a manner that is most relatable to adolescent readers. Using a question-and-answer format, the author bases the guide on examples rooted in real life. With chapters that address concerns such as surviving high school, depression, other learning disabilities, and what happens after high school, teenagers can use this as a practical resource for better understanding and accepting themselves. There is a chapter for parents as well, offering guidance for accommodating teenagers with ADHD.

Frank, M. & Solden, S. (2020). *Radical Guide For Women With ADHD: a Four-Week Guided Program to Relax Your Body, Calm Your... Mind, and Get the Sleep You Need*. New Harbinger Publications. (Grades 10-Adulthood)

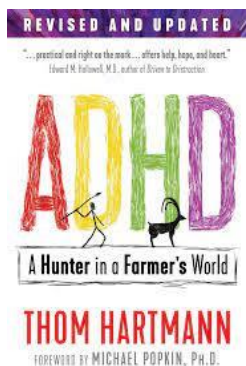


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Designed for use by women, this book offers advanced readers insight and understanding through a more relatable lens. The guidance is rooted in the female experience, and approaches the subject of ADHD alongside empowerment, so that readers can grow in their confidence while honoring their neurodiversity. It is a guided workbook, so it does provoke more reflection than most other generic books. That said, it is a useful tool for reshaping how one thinks about their self-concept, in more ways than simply their neurodiversity.

Hartmann, T. & Popkin, M. (2019). *ADHD: A Hunter in A Farmer's World*. Inner Traditions.

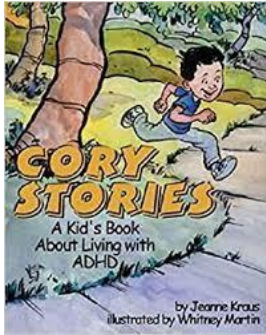
(Grades 10-Adulthood).



This book is well-suited for more advanced readers who enjoy strong analogies and visualization. By framing ADHD simply as “hunters in a farmer’s world” rather than as awful, dysfunctional people, this book creates an interpretation of ADHD that can positively affect the reader’s mindset toward mental disabilities. The author makes a point to mention that some of the world’s most successful people might have been “hunters”, which offers the reader hope for a great future in this farmer’s society. Once readers view ADHD through this lens, their new perspective allows for the acceptance of differences among individuals.

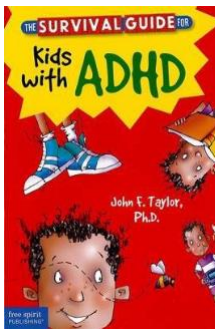
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Kraus, J. & Martin, W. *Cory Stories: a Kid's Book about Living with ADHD*. Magination Press, 2005. (Grades K-3).



In this book, the main character, Cory, describes life with ADHD using short stories and tableaux. He talks about how ADHD affects his relationships, grades, and how he functions, while going over different ways to cope with ADHD. This book is full of practical advice for all aspects of a young child's life, and helps younger students understand ADHD by providing lots of examples. Early elementary schoolers can listen to this book and talk about if they can relate to Cory, learning how to treat others who are different than them.

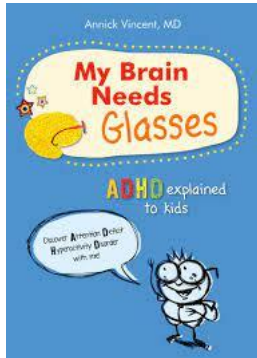
Taylor, J. *The Survival Guide for Kids with ADHD*. Free Spirit Publishing, 2015. (Grades 3-6).



This book serves (quite literally) as a guide for older elementary schoolers to manage life with ADHD. From practical strategies to fun quizzes to straightforward advice, readers can approach the subject of ADHD in a positive and uplifting way. They also benefit from the array of applicable examples and coping methods laid out in the book. Teachers can use this book to spark discussion about what people with ADHD can do in order to use their energy constructively.

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Vincent, Annick, et al. *My Brain Needs Glasses: Living with Hyperactivity*. Éditions Québecor, 2017. (Grade level K-3).



This book frames ADHD using first-person diary entries, allowing kids and their grown-ups to read examples, tips, and advice in a relatable way. The book follows Tom, an eight-year-old whose brain has ADHD, through his daily life. The author uses humor to make this an enjoyable read, and young readers can get through the book with ease. Overall, this book builds acceptance for early elementary schoolers by normalizing ADHD in everyday life and can be used as a way to provoke discussion in the classroom.