

ARTICLES

- * **The Lost girls chaotic and curious women with ADHD:** <https://www.theguardian.com/society/2020/nov/02/the-lost-girls-chaotic-and-curious-women-with-adhd-all-have-missed-red-flags-that-haunt-us>
- * **ADHD is different in Women:** <https://www.theatlantic.com/health/archive/2013/04/adhd-is-different-for-women/381158/>
- * **The ADHD Symptom Women Might Be Overlooking (I didn't have a Borderline Personality Disorder, after all):** <https://www.additudemag.com/emotional-hypersensitivity-borderline-personality-disorder/>
- * **Rejection Sensitivity Is Worse for Girls and Women with ADHD:** https://www.additudemag.com/rejection-sensitivity-women-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=women_january_2021&utm_content=012421&goal=0_d9446392d6-5e68764f25-302799917
- * **How ADHD Symptoms commonly present in women:** <https://www.verywellmind.com/add-symptoms-in-women-20394>
- * **ADHD Looks different in women - here's how:** https://www.additudemag.com/add-in-women/?src=embed_link
- * **What it's like Parenting with ADHD - It felt like me head was going to explode:** <https://www.washingtonpost.com/lifestyle/2021/01/08/parenting-with-adhd/>
- * **The Gaslighting Risk: Why Adults with ADHD Are Particularly Vulnerable to Manipulation:** https://www.additudemag.com/gaslighting-adhd-adults-women-risk/?utm_source=eletter&utm_medium=email&utm_campaign=best_december_2020&utm_content=121820&goal=0_d9446392d6-59397d1ab3-302799917

PODCASTS

- * **ADDitude ADHD Experts Podcast:** <https://www.additudemag.com/category/adhd-podcast/>
- * **ADHD for smart ass women by Tracy Otsuka:** <https://www.tracyotsuka.com>

PODCAST EPISODES

- * **You're Not Lazy, Stupid, or Crazy!** Managing Stress and Negative Self-Talk for ADHD Adults: https://open.spotify.com/episode/0lknGGVaWFVB0cUuHNxRCK?si=6gLMniGRRu2SXyxNmYL9ng&utm_source=native-share-menu
- * **Why Exercise is Important for the ADHD Brain:** <https://open.spotify.com/episode/4gNGI2Fo4jnSz4bvsPNcrx?si=6-SNzeFISE2E9kg-MkgNZg>
- * **Why So Sensitive?** Why ADDers Have Extreme Emotions, and How to Manage Them: <https://open.spotify.com/episode/70NM4M2ZeuEyGesQAWFVJ2?si=4uNpi5FuQsimHDIrDqeSpA>
- * **Social Anxiety** and ADHD with Mental Health Clinician, Kelsie Elizabeth: https://open.spotify.com/episode/3WuHnuHcxseh94r0PEcTTH?si=V0pJQiENSnWg4WGPnTyq_g
- * **What Does ADHD Look Like in Women?** The Update episode of ADHD for Smart Ass Women with Tracy Otsuka: <https://open.spotify.com/episode/4QONROKQ1PZoumQFhV2vcP?si=TrKgCmqLQoq-zhx6yyTpbw>
- * **ADHD, Rumination and Criticism:** <https://open.spotify.com/episode/2P4iMS2YeYlvg61gg6rmtO?si=dnYWHx3zR36xPR7EK3pH8g>
- * **My Emotional Hypersensitivity is real** - why hypersensitive people have ADHD - <https://www.additudemag.com/hypersensitivity-disorder-with-adhd/>

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- * **ADHD and Justice Sensitivity** with Immigration Attorney Taylor Levy: <https://open.spotify.com/episode/6M7lKW7NYYuswzahBpdYkl?si=hGqqED7-TYqcQaHmpL8PCA>
- * **ADHD and Addiction:** <https://open.spotify.com/episode/2fKmlpV0M5FIDopiyy6B0v?si=i6dwfTcxT3Ws76KEhw3Y3A>
- * Tracy's **Strength-Focused ADHD Book List:** https://open.spotify.com/episode/4O0asufkjdOXz0VSqkAAff?si=5BOgsdCJR689aadNaAl6g&utm_source=native-share-menu
- * **ADHD And Procrastination** With Dr. Christine Li: <https://open.spotify.com/episode/4qBQgsresPr82w2DjPck5E?si=M-qmxLm-TturCGWydiumwg>
- * **ADHD And Rejection Sensitive Dysphoria (RSD):** <https://open.spotify.com/episode/6gSMhSsWWdvdBJqZEGgRmY?si=jwEjrwqkRtaiSg1cT37rPw>
- * **ADHD and Rejection Sensitive Dysphoria (RSD), Part 2: How to Reduce and Even Eliminate** Its Symptoms: https://open.spotify.com/episode/6xDT0q0tS1nZXelSJQIRJV?si=O2A4UfNxQ-KpJzm3eXigLQ&utm_source=native-share-menu
- * **How Proper Breathing Reduces Stress,** Stabilizes Emotions and Makes the ADHD Brain More Mindful: https://open.spotify.com/episode/2YF1pbD8kCe33k8dWwfmF0?si=wGJk9txtRp2EcapA7_A4Vw

WEBSITES

- * ADHD for Smart Ass Women: <https://www.tracyotsuka.com/podcast>
- * ADDitude Magazine: <https://www.additudemag.com>
- * How to ADHD Wirth Jessica McCabe: <https://howtoadhd.com>

BOOK RECOMMENDATIONS

- * Understanding Girls with ADHD – How They Feel and Why They Do What They Do: <https://www.audible.com.au/pd/Understanding-Girls-with-ADHD-Audiobook/1705233988>
- * Driven to Distraction
- * Distraction Queen
- * Better late than never - Understand, Survive and Thrive - Midlife ADHD Diagnosis

ADHD in girls:

- * <https://childmind.org/article/how-to-help-girls-with-adhd/>
- * <https://www.additudemag.com/adhd-in-girls-women/>
- * <https://www.healthline.com/health/adhd/adhd-in-girls#How-is-ADHD-treated?>