

Kat Brown

writer - non fiction



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Publications

Non-Fiction

Publication Details	Notes
IT'S NOT A BLOODY TREND: Understanding Life as an ADHD Adult 2024 Robinson (Little, Brown)	<p>Nobody should spend their life feeling defective. Everyone deserves to have a user manual to their brain - welcome to yours.</p> <p>Once associated more with hyper boys than adults, ADHD (attention deficit hyperactivity disorder) is now recognised as a condition in need of a rebrand which affects people of all genders and ages in a multitude of ways.</p> <p>In this enlightening and definitive layman's guide, Kat Brown cheerfully smashes the stereotypes with scientific evidence, historical context, and practical support for ADHD minds across areas that can cause problems, from finances and work to self-medicating, relationships, hormones and self-esteem.</p> <p>Based on Kat's personal experience and extensive interviews with ADHDers and world-leading clinical experts, It's Not A Bloody Trend is for anyone wondering if what's always been 'wrong' with them might just be undiagnosed ADHD.</p>