An abstract data type (ADT) is a data type whose representation is hidden from the client. Implementing an ADT as a Java class is not very different from implementing a function library as a set of static methods. The primary difference is that we associate data with the function implementations and we hide the representation of the data from the client. When using an ADT, we focus on the operations specified in the API and pay no attention to the data representation; when implementing an ADT, we focus on the data, then implement operations on that data.

[Sedgewick and Wayne, Algorithms, Pg 64; also cf pg 84]