

The Smart But Scattered Guide To Success: How To Use Your Brain's Executive Skills To Keep Up, Stay Calm, And Get Organized At Work And At Home

The mothers of today take far more intelligent care of their children than did the mothers of the past, and this is not because they love their children more but because the science of medicine, by establishing rules for child hygiene, has materially aided the mission of motherhood.

Thousands of teachers and parents have relied on the authoritative, concise information in "Teaching Teens with ADD, ADHD & Executive Function Deficits" for advice on meeting the educational, medical, and social needs and challenges of adolescents with these conditions. This updated edition provides more than 80 summaries (annotated checklists for easy consumption) chock full of new information on research, teaching strategies, education law, executive functioning, social skills, and medication. A well-known expert on attention deficit disorders and related conditions and the author of the highly acclaimed Teenagers with ADD and AD/HD, Chris Dendy is encouraging to educators about the challenges of teaching and managing behaviour, while reminding them that attention issues are due to problems in the brain that students can't control. Summaries fall into these important categories: The Basics of ADD & AD/HD; Academic and Learning Issues; Executive Function and Organisational Skills; Federal Laws; Medication Issues; Managing Behaviours; Going the Extra Mile. This comprehensive resource is an excellent tool for teachers and parents to use to pinpoint concrete ways to help their child or student be as successful as possible.

This practical manual presents an evidence-based coaching model for helping students whose academic performance is suffering due to deficits in executive skills, including time and task management, planning, organization, impulse control, and emotional regulation. In just a few minutes a day, coaches can provide crucial support and instruction tailored to individual students' needs. From leading experts, the book provides detailed guidelines for incorporating coaching into a response-to-intervention framework, identifying students who can benefit, conducting each session, and monitoring progress. Special topics include how to implement a classwide peer coaching program. More than three dozen reproducible assessment tools, forms, and handouts are featured; the large-size format and lay-flat binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman. See also the authors' Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, plus the authoritative Executive Skills in Children and Adolescents, Second Edition. Also from Dawson and Guare: Smart but Scattered parenting guides and a self-help guide for adults.

"CEO of Self provides oodles of great tips, tools, and strategies to help anyone who is organizationally challenged get back into their executive control room and steer the mother ship of self toward greater success in life." -Thomas Armstrong, PhD, author of The Power of Neurodiversity and Multiple Intelligences in the Classroom ----- Written for teens, young adults, and adults, this pragmatic, insightful, and often humorous book leads the reader through explanations and exercises that will improve daily living skills, regardless of ability or age. Starting with skill domains of Time, Space, and Memory, this book incrementally develops the reader's skills to lead them through more advanced topics such as project management, decision-making, and negotiating obstacles, all while gaining better understanding into what makes our marvelous minds do what they do and how to tap into their incredible power.

How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home

The Complete, Authoritative Guide for Parents

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

How to Meet Their Social and Emotional Needs

The Missing Course

An Executive Functioning Workbook

Smart Strategies to Improve Your Child's Executive Functioning Skills

A Canticle for Leibowitz

A Manual for Executive Skills Coaching with Adults Affected by Conditions of Poverty and Stress

The Smart But Scattered Guide to SuccessHow to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at HomeGuilford Publications

From the creator of the popular website Ask a Manager and New York 's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There 's a reason Alison Green has been called " the Dear Abby of the work world. " Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don ' t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You ' ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit " reply all " • you ' re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate ' s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager " A must-read for anyone who works . . . [Alison Green ' s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work. " —Booklist (starred review) " The author ' s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers ' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience. " —Library Journal (starred review) " I am a huge fan of Alison Green ' s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor. " —Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide " Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way. " —Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Many adults struggle with daily tasks that affect their ability to plan, start, and finish work. This often means they're lacking the executive functioning skills needed to be effective in their family and work lives. Research shows these brain-based skills can be taught. The Adult Executive Functioning program guides you to understand what keeps you from reaching your goals and teaches you to learn how to identify your goals and challenges and boost your productivity. -Skills covered this workbook include:-Self-assessment in Executive Functioning skills.-Setting goals. -Setting and maintaining an organized workspace.-Using a planner to track daily, weekly, and long-term projects. -Accurately estimating how long tasks will take.-Scheduling time for working towards your goals.-Breaking down long-term projects into daily tasks.-Active reading and study skills.-Taking useful notes. -Exam preparation and exam-taking strategies.-Tracking progress and setting new goals.

The ADHD Executive Functions Workbook

Overcoming Barriers, Building Strategies

A Practical Guide to Assessment and Intervention

Simple Ways to Get Kids with Autism Unstuck and on Target

Smarts

4 Weeks To An Organized Life With AD/HD

Executive Skills Coaching

Adult Executive Functioning Workbook

The groundbreaking, nationally recognized Next Chapter Book Club (NCBC) provides rewarding learning and social opportunities for hundreds of people with intellectual disabilities. This new guide shows you how to use the innovative NCBC model to set up a successful book club where members read aloud together, improve literacy or read for the first time, and make lasting friendships as they discuss books every week at their local coffee shop or bookstore. Developed in 2002 by Tom Fish and his colleagues at The Ohio State University Nisonger Center, the NCBC program now boasts more than 100 clubs. The authors share their experience, providing the practical, nuts and bolts steps you need to take to get a book club up and running. Clubs include five to eight members all ages and literacy levels are welcome -- and discussion is facilitated by two trained volunteers. Much like other book clubs, NCBC members choose how they want to structure their club and which books they want to read. This book covers all aspects of sponsoring, organizing and implementing a book club in any community. Facilitators get title suggestions, learn how to manage their group, use strategies to initiate or improve reading skills, and encourage social interaction. NCBC also provides ongoing training and support to facilitators. A handy CR-rom included in the book provides several dozen key forms and templates, such as Member and Facilitator Intake Forms; End-of-Book Survey, and Scale of Literary Skills. The enrichment of the NCBC experience continues to exceed the expectations of everyone involved; no club has every disbanded! In addition to improving their reading skills and making friends, participants become connected to their community because they go regularly to a social meeting place where all kinds of people gather. Dont wait to set-up a book club in your neighborhood The Next Chapter Book Club tells you how. Its easy and fun. Teachers, parents, social service providers and prospective members will want a copy.

Written for attention deficit hyperactivity disorder (ADHD) sufferers yet useful for anyone wishing make better use of their time, this book is abundant with effective strategies for combating problems related to inattention, procrastination, disorganization, mismanagement of time, and poor planning. It begins by carefully explaining the neurologic underpinnings of ADHD and focusing on specific executive functions—the brain-based processes that assist in planning, initiating, and carrying out tasks to complete projects. Then using exercises designed to identify areas that need addressing, it aims to "tune up" these executive functions for maximum productivity. In contrast to many books on ADHD, which can have good ideas but lack practical ways to apply them in everyday life, this guide includes specific recommendations for improving distractibility, working memory, attention, organization, time management, and response inhibition deficits. With strategies based in the science of how the ADHD brain processes information, this reference bridges the gap between knowledge and action.

"With chapter-by-chapter concentration on the main areas of executive functioning focus and attention, planning and organization, cognitive flexibility, emotional regulation, and impulse control 'Brain Hack: Life-Changing Strategies to Improve Executive Functioning' offers: An overview of executive functioning and self-assessments to identify which executive functioning areas pose your greatest challenges; explorations of the 5 core skills of executive functioning, including summaries, techniques, and brain hacks to make them stronger; real-world strategies and exercises to strengthen your executive functioning skills and apply them to everyday challenges"--Back cover.

"An extension of Brookes's 2011 school curriculum Unstuck and On Target! An Executive Function Curriculum to Improve Flexibility for Children with Autism Spectrum Disorders, Research Edition. Helps children with autism spectrum disorder understand and improve flexibility by hearing the same vocabulary and encountering the same expectations at home and school"--

200+ Ways to Boost Your Brain Power

Emotions in Teens and Adults with ADHD

The CEO of Self

Everything They Never Taught You about College Teaching

When Gifted Kids Don't Have All the Answers

Teaching Teens with ADD, ADHD & Executive Function Deficits

The Executive Skills Program for Helping Teens Reach Their Potential

Failure to Launch

Two renowned child psychologists draw on a vast body of scientific literature and real-life anecdotes from their own practices to explain why some children are able to overcome overwhelming obstacles while others easily become victims of experience and environment.

A wonderful resource for anyone who knows or works with teens who suffer from executive functioning disorder (EFD)—including parents, teachers, counselors, or clinicians. From handling frustration to taking notes in class, this book will help teens hone the skills they need to succeed. Do you know a teen who is disorganized, chronically late, forgetful, or impulsive? Do they struggle to get homework done, but never manage to turn it in on time? Perhaps it's your son or daughter, a student you work with, or even a client. It's likely that this teen suffers from executive functioning disorder (EFD), an attention disorder marked by an inability to stay on task that is common in people with learning disabilities. If this teen has tried to manage his or her time and meet deadlines with little success, he or she may feel like giving up. There is a light at the end of the tunnel, however. You just need to show them the way. In The Executive Functioning Workbook for Teens a licensed school counselor provides an evidence-based, easy-to-use, and practical workbook written directly for a teen audience. The book is designed to provide teens with the skills needed to get organized, retain information, communicate effectively, and perform well in school and in everyday life. Based in proven-effective cognitive behavioral therapy (CBT), the book offers activities that will help teens better understand their disorder and cope with it effectively. With one chapter for each of the ten main areas of EFD, the book also includes tips for initiating positive action and change, improving flexibility in thinking, sustaining attention, organizing, planning, enhancing memory, managing emotions, and building self-awareness. Written in a fun, engaging format, this book is designed to motivate and inspire teens to carry out and complete tasks with ease.

The vital skills children need to achieve their full potential! Being organized. Staying focused. Controlling impulses and emotions. These are some of the basic executive functioning (EF) skills children need to function and succeed as they grow. But what can you do if your child is struggling with one or all of these skills? With this hands-on guide, you'll learn what EF difficulties look like and how you can help your child overcome these challenges. Psychologist Rebecca Branstetter teaches you how to help improve the executive functions, including: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization With checklists to help enforce skills and improve organization, The Everything Parent's Guide to Children with Executive Functioning Disorder is your step-by-step handbook for helping your child concentrate, learn, and thrive!

Set your child up for success with simple strategies to develop executive function in kids 4 to 12 Parenting a child who struggles with executive function--the skills that help us stay focused, manage our emotions, and plan ahead--can be a challenge, whether or not they have an official ADHD diagnosis. This book is filled with expert advice and actionable strategies that can help your smart but scattered child build the skills they need to thrive both at school and at home. Quick assessment tools--Better understand your child's level of executive function and learn what motivates them, for stronger communication and connection. Expert advice--Learn how to build confidence and autonomy in your smart but scattered child with research-based guidance for helping them practice self-control, manage time, follow routines, beat procrastination, and more. Common sense explanations--Explore how executive function works in clear, simple language, and then apply what you learned through fun activities like using code words and making memory boards. Build better habits and routines in smart but scattered kids with this comprehensive parent's guide to executive function.

Ask a Manager

Brain Hacks

Are We Hardwired for Success?

Smart But Stuck

A Practical Guide for Helping Children and Teens with Attention Deficit Disorders

Executive Skills in Children and Adolescents, Third Edition

Proven Strategies to Succeed at Work, at Home, and in Relationships

ADHD & Teens

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Small changes can add up to big improvements--this empowering book shows how. See also the authors' Smart but Scattered Teens and their self-help guide for adults. Plus, an academic planner for middle and high school students and related titles for professionals.

We've been teaching reading wrong—a leading cognitive scientist tells us how we can finally do it right

Gifted kids are so much more than test scores and grades. Still, it's sometimes difficult to see past the potential to the child who may be anxious, lonely, confused, or unsure of what the future might bring. This book, now fully revised with updated information and new survey quotes, offers practical suggestions for addressing the social and emotional needs of gifted students. The authors present ways to advocate for gifted education; help gifted underachievers, perfectionists, and twice-exceptional students; and provide all gifted kids with a safe, supportive learning environment. Complete with engaging stories, strategies, activities, and resources, this book is for anyone committed to helping gifted students thrive. Includes online digital content.

Practical ADHD management techniques for parents and teachers The ADHD Book of Lists is a comprehensive guide to ADHD/ADD, providing the answers parents, teachers, and other caregivers seek in a convenient list format. This new second edition has been updated with the latest research findings and resources, including the most up to date tools and strategies for helping these children succeed. Each aspect of ADHD/ADD is fully explained, from diagnosis to intervention, providing readers with the insight they need to make the best choices for the affected child. Coverage includes the latest medications and behavioral management techniques that work inside and outside the classroom, plus guidance toward alleviating individual struggles including inattention, impulsivity, executive function and subject-specific academic issues. Readers learn how to create a collaborative care team by bringing parents, teachers, doctors, therapists, and counselors on board to build a comprehensive management plan, as well as the practical techniques they can use every day to provide these children the support they need to be their very best. Attention Deficit/Hyperactivity Disorder cannot be cured, but it can be managed successfully. This book is an insightful guide to supporting children and teens with ADHD, and giving them the mental, emotional, and practical tools that boost their confidence and abilities and enable them to thrive. Investigate comprehensive treatments, including ADHD coaching Learn strategies for strengthening organization, working memory and other executive functions. Understand effective classroom management of students with ADHD Discover ways to help struggling children succeed despite the challenges The ADHD Book of Lists is the complete easy-to-reference guide to practical ADHD management and will be a go-to resource for parents, teachers, clinicians, and others involved in the care and education of students with ADHD.

The Mother and child

The Smart But Scattered Guide to Success

Life-Changing Strategies to Improve Executive Functioning

Why Your Twentysomething Hasn't Grown Up...and What to Do About It

Smart but Scattered Teens

Smart but Scattered--and Stalled

The Everything Parent's Guide to Children with Executive Functioning Disorder

From executive skills experts Peg Dawson and Richard Guare, this large-format academic planner is specially designed for students in grades 6-12. It provides a system for keeping track of assignments and due dates while developing the crucial executive skills needed to succeed in school and beyond. Students are guided to build a daily study plan, manage their time, set short- and long-term goals, study for tests, and record their successes. They also get tools for evaluating their own executive skills in order to target their weaknesses and capitalize on strengths.

Many tens of thousands of school practitioners and teachers (K-12) have benefited from the step-by-step guidelines and practical tools in this influential go-to resource, now revised and expanded with six new chapters. The third edition presents effective ways to assess students' strengths and weaknesses, create supportive instructional environments, and promote specific skills, such as organization, time management, sustained attention, and emotional control. Strategies for individualized and classwide intervention are illustrated with vivid examples and sample scripts. In a large-size format with lay-flat binding for easy photocopying, the book includes 35 reproducible forms and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Chapter with guidance and caveats for developing Individual Education Programs (IEPs), 504 Plans, and multi-tiered systems of support (MTSS). *Chapters on working with students with attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder. *Three guest-authored chapters describing exemplary schoolwide applications. *More student centered--provides a template for involving children in intervention decision making. *Fully updated with the latest developments in the field. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In Call of the Wild, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their "animal selves." While we cannot cure the painful cultural rifts inflicting our society, there is a path forward—through our bodies.

Discover more than 300 quick tips and exercises to help you optimize your mental performance and improve brain health. Everyone wants to be at their best mentally, and Brain Hacks provides you with more than 300 actionable tips and exercises you can use right away to help you achieve and maintain peak mental performance. Topics covers include: -Proper nutrition and brain superfoods -Brain-boosting vitamins, minerals, herbs, and supplements -Stress management techniques -Natural mood-enhancing activities -Exercises that stimulate and challenge the brain With straightforward, simple advice, Brain Hacks will teach you how to keep your brain sharp and functioning at optimal levels.

Scattered to Focused

Write It Down, Get It Done

A Quick Reference Guide for Teachers and Parents

A Parents' Guide to Helping Children with Executive Functioning

Taking Charge of Adult ADHD, Second Edition

The Work-Smart Academic Planner, Revised Edition

With Adults Affected by Conditions of Poverty and Stress

Fostering Strength, Hope, and Optimism in Your Child

From an expert in adolescent psychology comes a groundbreaking, timely, and necessary guide for parents of the 2.2 million young adults in America who are struggling to find their way in the world. In Dr. Mark McConville's decades of experience as a family clinical psychologist, perhaps no problem has been more fraught than that of young adults who fail to successfully transition from adolescence into adulthood. These kids--technically adults--just can't get it together: They can't hold a job, they struggle to develop meaningful relationships, and they often end up back in their parents' spare bedroom or on the couch. In fact, studies show that 1 in 4 Americans aged 25 to 34 neither work nor attend school, and it's a problem that spans all socioeconomic and geographic boundaries. McConville investigates the root causes of this problem: Why are modern kids "failing to launch" in ever-increasing numbers? The key, McConville has found, is that they are struggling with three critical skills that are necessary to make the transition from childhood to adulthood--finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. In Failure to Launch, McConville breaks these down into achievable, accessible goals and offers a practical guide for the whole family, to help parents instill those skills in their young adults--and to get their kids into the real world, ready to start their lives.

"I told you, I'll do it later." "I forgot to turn in the stupid application." "Could you drive me to school? I missed the bus again." "I can't walk the dog--I have too much homework!" If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. See also the authors' Smart but Scattered (with a focus on 4- to 13-year-olds) and their self-help guide for adults. Plus, Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, and related titles for professionals. Winner (Third Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category

A generation of research has provided a new understanding of how the brain works and how students learn. David Gooblar offers scholars at all levels a practical guide to the state of the art in teaching and learning. His insights about active learning and the student-centered classroom will be valuable to instructors in any discipline, right away.

Dawson and Guare offer guidance for boosting executive skills-- the core brain based abilities needed to get more done with less stress. They provide simple yet effective strategies for maintaining focus, conquering clutter, staying on top of work demands, and taming the chaos of family life.

Late, Lost and Unprepared

Call of the Wild

Practical Strategies for Improving Performance and Enhancing Skills for All Students

Executive Function in the Classroom

Coaching Students with Executive Skills Deficits

Help for Unprepared, Late, and Scattered Teens

The Cost

Language at the Speed of Sight

With insight and humor, this motivating guide shows how to bring executive functions (EF) to the forefront in K–8 classrooms--without adopting a new curriculum or scripted program. Ideal for professional development, the book includes flexible, practical, research-based ideas for implementation in a variety of classroom contexts. It shares stories from dozens of expert teachers who are integrating explicit EF support across the school day. Provided is a clear approach for talking about EF barriers and strategies as part of instruction, and working as a class to problem-solve, explore, and apply the strategies that feel right for each student. Purchasers get access to a Web page where they can download and print several reproducible tools in a convenient 8 1/2" x 11" size. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

Help K-12 teachers understand and enhance students' executive function skills--the key to long-term school and social success. This practical how-to guide is packed with ready-to-use forms and strategies that improve outcomes across subject areas.

Compelling stories that present a new view of ADHD Smart but Stuck offers 15 true and compelling storiesabout intelligent, capable teens and adults who have gotten "stuck"at school, work, and/or in social relationships because of theirADHD. Dr. Brown highlights the often unrecognized role thatemotions play in this complex disorder. He explains why even verybright people with ADHD get stuck because they can focus well onsome tasks that interest them, but often can't focus adequately onother important tasks and relationships. The first book to explain and illustrate the crucial role ofemotions in the daily functioning of those living with ADHD Brown, Associate Director of the Yale Clinic for Attention& Related Disorders, is an internationally known authority onADHD Drawing on the latest research findings, the book describestrategies and treatments for getting "unstuck" to move on to amore rewarding and productive life.

"The Profile" shows readers how to identify their strengths, then leverage them in their careers, personal lives, etc., and offers tips for compensating for one's weaker abilities. The book also shows how to identify abilities of other people and help them succeed. Martin's firm, NFI Research, identifies and analyzes trends and attitudes in business, management and technology. The Institute's invitation-only membership represents 1,400 of the world's most renowned and innovative companies, including members from half of the Fortune 100 companies. The powerful combination of authors - a business expert, a psychologist, and a neuropsychologist - gives this book an unprecedented level of credibility.

Teacher Strategies for Nurturing Students' Healing, Growth, and Learning

A Parent's Guide to Making it through the Tough Years

The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Simple Effective Advice Along with Easy to Follow Checklists

Raising Resilient Children

The ADHD Book of Lists

A Novel

Executive Function Skills in the Classroom

ADHD and Teens is a manual of practical advice to help parents cope with the problems that can arise during these years. A crash course is offered on parenting styles that really work with teens with ADHD and how these styles allow the teen to safely move from dependence to independence.

Now in a revised and updated fourth edition, this comprehensive, bestselling work has earned its place as the leading resource for parents. Prominent authority Russell A. Barkley guides parents to understand why 6- to 18-year-olds with attention-deficit/hyperactivity disorder (ADHD) act the way they do--and provides practical steps to help them live up to their potential. Readers learn how to find the right professional help, get needed support at school, and manage challenging behavior using proven techniques. Packed with realistic stories and problem-solving ideas, this empathic guide is solidly grounded in science. New to the fourth edition are a chapter on health risks associated with ADHD, the latest information on the causes of the disorder, current facts on medications, a new discussion of sibling issues, advice for parents who might have ADHD themselves, and much more. Purchasers can download and print several practical tools.

Living at home can be a lifesaver for 20-somethings struggling to make it on their own--but it can also feel like a dead end. Now the authors of the hugely popular Smart but Scattered books on kids and teens provide much-needed help for young adults struggling to build independent lives. This compassionate book presents a 10-step plan for parents and grown kids to work through together. It combines a focus on executive skills (like planning, organization, and time management) with powerful tools for clarifying strengths and goals, staying motivated, and figuring out what kind of parental support is productive--and how much is too much. Richard and Colin Guare's father-and-son reflections are accompanied by vivid stories of other families navigating the same challenges. Purchasers get access to helpful worksheets and forms that can be downloaded and printed in a convenient 8 1/2" x 11" size.

Uses key principles from the business world to help teens get organized, stay focused, and control their impulses.

Understand Your Brain, Get More Done

Solving Executive Function Challenges

Creating Trauma-Informed, Strengths-Based Classrooms

The "Executive Skills" Program for Helping Teens Reach Their Potential

The Executive Functioning Workbook for Teens

Smart But Scattered Teens

Taking Charge of ADHD, Fourth Edition

Strategies to help your child achieve the time-management skills, focus, and organization needed to succeed in school and life

Phillips was born in Madison, Indiana. After graduating high school Phillips entered Asbury College following which he degreed from College of New Jersey in 1887. After completing his education, Phillips worked as a newspaper reporter in Cincinnati, Ohio before moving on to New York City where he was employed as a columnist and editor with the New York World until 1902. In his spare time, he wrote a novel, The Great God Success that was published in 1901. The book sold well enough that his royalty income was sufficient enough to allow him to work as a freelance journalist while dedicating himself to writing fiction. Writing articles for various prominent magazines, he began to develop a reputation as a competent investigative journalist. Considered a progressive, Phillips' novels often commented on social issues of the day and frequently chronicled events based on his real-life journalistic experiences.

If you're among the millions of adults with attention-deficit/hyperactivity disorder (ADHD), you need the latest facts about the disorder and its treatment. You need practical strategies to help develop your strengths and achieve your goals, whether on the job, in family relationships, or in personal pursuits. From renowned ADHD researcher/clinician Russell A. Barkley, this is the book for you. Dr. Barkley takes you through the process of seeking professional help, addresses frequently asked questions about medications and other treatments, and offers a wealth of advice and tips--all science-based. Featuring the latest resources and medication facts, the revised and updated second edition includes new or expanded discussions of mindfulness, emotional self-control, time management, building a successful career, maintaining a healthy lifestyle, and more. Finally, an authoritative one-stop resource to help you take back your life from ADHD.

This innovative program offers practical, useful strategies for people with AD/HD, so that they can make use of their brain functions that do work well and learn day-to-day skills that may otherwise be too difficult to master. Based on the concept of visual thinking and filled with tips on how to keep the body at its highest functioning level, this program helps AD/HD sufferers become successful in their everyday lives. The authors share simple yet powerful techniques to develop and harness the strengths of the visual right brain, while at the same time demonstrating how treatment for AD/HD can maximize success.

This accessible guide advises teachers on creating classroom environments that promote healing and growth for all students, particularly the most vulnerable. Grounded not only in trauma-informed education but in positive psychology, this book helps teachers to set up the most vulnerable students to heal from trauma, build resilience and fulfil their full academic potential.

How We Heal Trauma, Awaken Our Own Power, and Use It For Good

How We Read, Why So Many Can't, and What Can Be Done About It

Smart but Scattered