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How To Use Your Brains Executive Skills To Keep Up Stay Calm
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She is coauthor of bestselling books for general readers, including Smart but Scattered, Smart but Scattered Teens, Smart but Scattered—and Stalled (with a focus on emerging adults), and The Smart but Scattered Guide to Success (with a focus on adults).

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Smart but scattered children can be extremely frustrating and as parents we too often let the frustration guide us. This book helps to better understand this child and so keep the frustration from making the parenting decisions.

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He is coauthor of bestselling books for general readers, including Smart but Scattered, Smart but Scattered Teens, Smart but Scattered—and Stalled (with a focus on emerging adults), and The Smart but Scattered Guide to Success (with a focus on adults). Dr.

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(authors of the bestselling Smart but Scattered books focusing on kids and teens) now provide a state-of-the-art resource specifically geared to adults.

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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. By: Peg Dawson EdD , Richard Guare PhD. Narrated by: Randye Kaye. Length: 10 hrs and 23 mins. Categories: Health & Wellness , Psychology & Mental Health.

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Smart but Scattered Teens. Write a review. This positive guide provides a science-based program for promoting teens' independence by building their executive skills—the fundamental

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brain-based abilities needed to get organized, stay focused, and control impulses and emotions. \$17.95. Description.

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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.

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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. Richard Guare \$12.49 - \$15.19.
Smart but Scattered--and Stalled: 10 Steps to Help Young Adults Use Their Executive Skills to Set Goals, Make a Plan, and Successfully Leave the Nest.

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Up, Stay Calm, and Get Organized at Work and at Home By: Peg Dawson EdD, Richard Guare PhD Narrated by: Randye Kaye ...

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"The Smart but Scattered books are among the most useful and informative resources for managing executive skills problems. This one is chock-full of sound advice for young adults--including those who have ADHD--and their parents."--Russell A. Barkley, PhD, ABPP, ABCN, author of Taking Charge of ADHD

Smart but Scattered--and Stalled: 10 Steps to Help Young ...

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...

"Meeting a huge demand, Peg Dawson and Richard Guare (authors of the bestselling Smart but Scattered books focusing on kids and teens) now provide a state of the art resource specifically geared to adults. Drs. Dawson and Guare offer expert guidance for boosting executive skills--the core brain based abilities needed to get more done with less stress. Readers will be drawn in by realistic examples, self quizzes, and science based tools for strengthening time management, organization, emotional control, and more. And what you

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can't change, you can work around! The book is packed with simple yet effective strategies for maintaining focus, conquering clutter, staying on top of work demands, and taming the chaos of family life. Numerous worksheets and forms (which purchasers can download and print in a convenient 8

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.

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

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maintaining focus, conquering clutter, staying on top of work demands, and taming the chaos of family life.

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

Whether you're a young adult who is stalled on the journey to independence--or a concerned parent still sharing the family nest--this compassionate book is for you. Providing a fresh perspective on the causes of failure to launch, the expert authors present a 10-step plan that helps grown kids and parents work together to achieve liftoff. Learn why brain-based executive skills such as planning, organization, and time management are so important to success, and what you can do to strengthen them. You get downloadable practical tools for figuring out what areas to target, building skills, identifying a desired career path, and making a customized action plan. Vivid stories of other families navigating the same challenges (including father and son Richard and Colin Guare) reveal what kind of parental support is productive--and when to let go.

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

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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.

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.

The groundbreaking, nationally recognized Next Chapter Book Club (NCBC) provides rewarding learning and social opportunities for hundreds of people with intellectual disabilities.

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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.

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A guide for attention deficit hyperactivity disorder adults, friends and relatives to better understand how ADHD affects social behavior

In this breakthrough guide to understanding, treating, and healing Attention Deficit Disorder, Dr. Gabor Maté, an adult with ADD and the father of three ADD children, shares information on:

- The external factors that trigger ADD
- How to create an environment that promotes health and healing
- Ritalin and other drugs
- ADD adults ...and much more

Attention Deficit Disorder (ADD) has remained a controversial topic in recent years. Whereas other books on the subject describe the condition as inherited, Dr. Maté believes that our social and emotional environments play a key role in both the cause of and cure for this condition. In *Scattered*, he describes the painful realities of ADD and its effect on children as well as on career and social paths in adults. While acknowledging that genetics may indeed play a part in predisposing a person toward ADD, Dr. Maté moves beyond that to focus on the things we can control: changes in environment, family dynamics, and parenting choices. He draws heavily on his own experience with the disorder, as both an ADD sufferer and the parent of three diagnosed children. Providing a thorough overview of ADD and its treatments, *Scattered Minds* is essential and life-changing reading for the millions of ADD sufferers in North America today.

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