

[PDF] Smart But Scattered Teens: The "Executive Skills" Program For Helping Teens Reach Their Potential

Richard Guare PhD, Peg Dawson EdD, Colin Guare - pdf download free book



Books Details:

Title: Smart but Scattered Teens: Th

Author: Richard Guare PhD, Peg Dawso

Released:

Language:

Pages: 293

ISBN: 1609182294

ISBN13: 9781609182298

ASIN: 1609182294

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

"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

-
- Title: *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential*
 - Author: Richard Guare PhD, Peg Dawson EdD, Colin Guare
 - Released:
 - Language:
 - Pages: 293
 - ISBN: 1609182294
 - ISBN13: 9781609182298
 - ASIN: 1609182294
-

