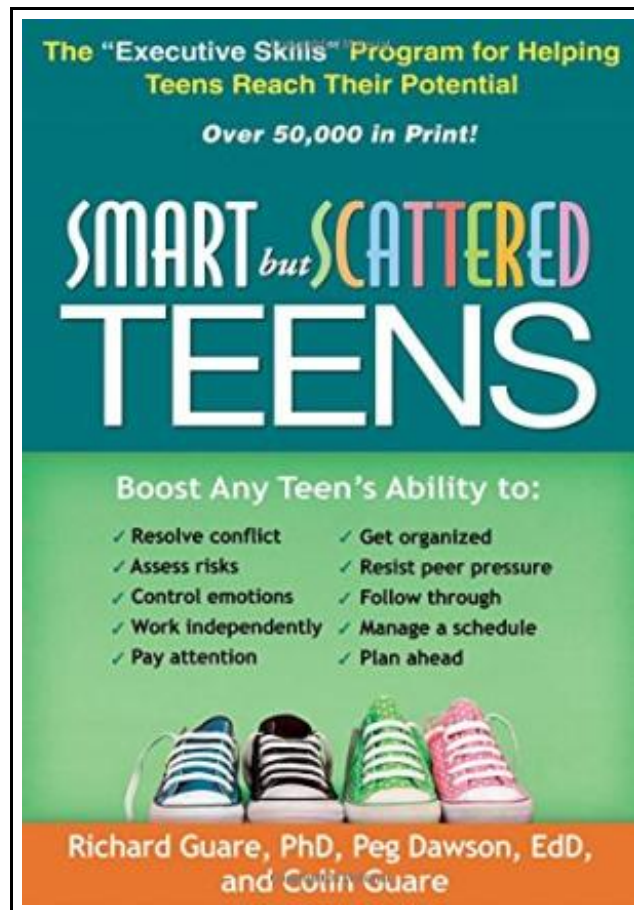


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SMART BUT SCATTERED TEENS: THE "EXECUTIVE SKILLS" PROGRAM FOR HELPING TEENS REACH THEIR POTENTIAL


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Guilford Publications. Paperback. Book Condition: new. BRAND NEW, Smart But Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential, Richard Guare, Peg Dawson, Colin Guare, "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.

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