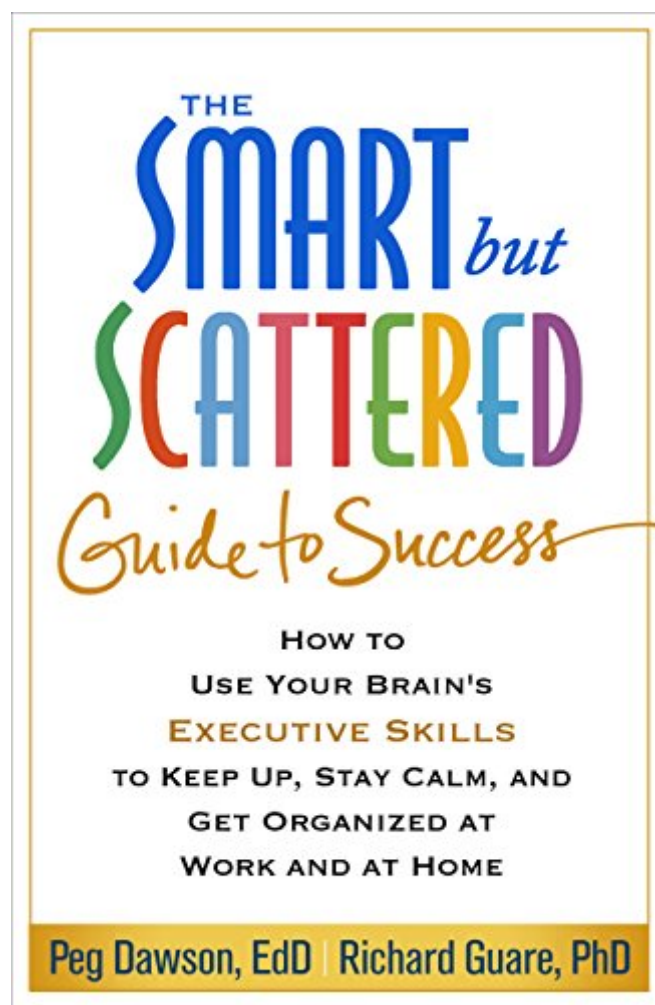


The book was found

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



Synopsis

Are you smart, scattered, and struggling? You're not alone. Cutting-edge research shows that today's 24/7 wired world and the growing demands of work and family life may simply max out the part of the brain that manages complex tasks. That's especially true for those lacking strong executive skills/the core brain-based abilities needed to maintain focus, meet deadlines, and stay cool under pressure. In this essential guide, leading experts Peg Dawson and Richard Guare help you map your own executive skills profile and take effective steps to boost your organizational skills, time management, emotional control, and nine other essential capacities. The book is packed with science-based strategies and concrete examples, plus downloadable practical tools for creating your own personalized action plan. Whether on the job or at home, you can get more done with less stress. See also the authors' Smart but Scattered parenting guides, plus an academic planner for students and related titles for professionals.

Book Information

File Size: 7223 KB

Print Length: 294 pages

Publisher: The Guilford Press; 1 edition (December 22, 2015)

Publication Date: January 15, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B016WWZO1Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #93,979 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Attention-Deficit Disorder #24 in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Psychiatry #77 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders

Customer Reviews

Extremely happy I bought this book. What's funny is, I had it for almost 2 weeks before I even

looked at it - procrastination, no time, won't work, lost interest, whatever! I finally picked it up and started reading. The book was written about ME. I haven't finished the book yet, however, some small suggested changes I made in my daily life made a huge difference! The result was me feeling a big relief from pressure, much more focused, I had more energy than I had for years, and best of all, an incredible feeling of accomplishment. If you actually apply what you read - just try it - you won't be disappointed!

Save your time, even as a teenager or adult I would recommend the original version Smart but Scattered, not guide to success or the teenagers version. Bought and read all three. The first one has more tools if your kids are really deficient in executive functioning skills (really common in kids with ADHD. The first edition even provides online access to a lot of resources and worksheets that can help at any age if adjusted a little bit. The other versions provide very limited printing resources and a lot of them are common on the first book.

This is a well written book which could be useful for a wide range of people both with and without ADHD or other conditions which affect executive functioning. The book provides a simple tool to help one consider their executive skill strengths and weaknesses. There is a chapter devoted to each skill, so readers can quickly access the information most relevant to their needs. The worksheets are simple and purchasers can access reproducible versions on the publishers website. Often issues with task initiation, persistence, time management and other executive skills affects performance of daily activities. Although it's meant as a self help tool, I've used the assessment tool, action plan and some of the strategies in my clinical work as an occupational therapist. I've also found some of the simple strategies helpful for myself.

My husband, the very scattered one, is actually reading it. I had my doubts he'd open it, or read it front to back. This book has saved our 19 year marriage! We have been to a psychiatrist repeatedly for my same problem with him and now I see how he thinks sooo differently from me. We've talked about what I need from him relationally and where I can see his point of view. Wow. I had to ask his forgiveness big time. We are very thankful for this book.

It was encouraging to see that I have been doing all of the right things to help in my weak areas, but I feel that just knowing that this is an actual disorder really helped the most. I am not a scattered lost cause, there is help! After just a few days I have found myself completing tasks from start to finish,

and even telling myself "Just start it...worry about finishing it later." If I can just get myself more organized, I might be on the road to stardom! Hooray!

Very good examples, written in a way that is usable for a novice to seasoned teacher.

This book will give you insights to why you are the way you are and gives you tips to improve areas of weakness.

A wonderful book to help people with ADHD or executive skills weaknesses!

[Download to continue reading...](#)

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 Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Take Back Your Life!: Using Microsoft Office Outlook 2007 to Get Organized and Stay Organized (Business Skills) Productivity Secrets with Google Keep: How I use Keep daily to stay organized and productive Apple's Homekit Smart Home Automation System Handbook: Discover How to Build Your Own Smart Home Using Apple's New HomeKit System (Smart Home Automation Essential Guides Book 7) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) 30 Days to a Clean and Organized House: A complete guide to transform your home on your schedule, and a monthly plan to KEEP it clean! The Fine Art of Executive Protection: Handbook for the Executive Protection Officer Essential Guide to Samsung SmartThings Smart Home Automation System: A Practical Guide to on How to Use SmartThings Home Automation in Your Everyday Life. ... Home Automation Essential Guides Book 6) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Less is More : 7 Effective Tips to Declutter and Simplify for More Fulfilling Life: (How to keep your home clutter free, organized & simplified in 5 minutes a day) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship The Savvy Resident's Guide: Everything You Wanted to Know About Your Nursing Home Stay But Were Afraid to Ask The

Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit
150 Tips and Tricks for New Nurses: Balance a hectic schedule and get the sleep you need...Avoid illness and stay positive...Continue your education and keep up with medical advances
Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration
(Brain teasers, Improve memory, Improve focus, Concentration, Brain power)
Organized Home: How to Clean Your House Fast and Stress-free. Practical Tips and Life Hacks for Busy People
(Declutter, DIY Hacks, Home Organization)

[Dmca](#)