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

Peg Dawson, EdD

Richard Guare, PhD

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The Smart But Scattered Guide to Success Peg Dawson, Richard Guare, 2016-01-16 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 Smart but Scattered Adults Effortlessly Unleashing the Power of the ADHD Mind David Chan, 2024-05-24 Are you feeling overwhelmed and disorganized in today s fast paced world You re not alone Recent research indicates that the constant connectivity of our modern world coupled with increasing work and family demands may overwhelm the part of our brain responsible for managing complex tasks This is particularly true for those with weaker executive skills the fundamental brain based abilities required to stay focused meet deadlines and remain calm under pressure In this indispensable guide renowned expert David Chan provides strategies to enhance your organizational skills time management emotional control and nine other vital capacities This book is brimming with science backed strategies and real world examples for creating a personalized action plan Whether at work or home you can accomplish more with less stress Don t forget to check out the authors highly acclaimed Smart but Scattered parenting guides an academic planner for students and related titles for professionals These resources are designed to help you navigate life's challenges with grace and efficiency Scattered--and Stalled Richard Guare, Colin Guare, Peg Dawson, 2019-01-15 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 Managing Adult ADHD in the Workplace Gaetana Yo Tate, Unlock Your Potential Thrive at Work with Adult ADHD A Practical Guide Workbook Do you struggle with missed deadlines a constantly cluttered desk difficulty focusing during meetings or feeling perpetually overwhelmed in your professional life If you re an adult navigating the workplace with ADHD diagnosed or suspected you understand the unique challenges but also possess incredible strengths This practical guide and workbook is designed specifically for professionals like you offering clear actionable strategies to transform workplace struggles into successes Move beyond frustration and self criticism This empowering resource helps you understand how ADHD impacts executive functions like focus organization planning time management and emotional regulation in professional settings Discover evidence based techniques tailored to the neurodivergent brain enabling you to Master Focus Learn concrete methods to minimize distractions both external and

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