

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

Peg Dawson, EdD

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**Richard Guare, Colin Guare, Peg
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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 life

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

Smart but 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

internal harness the power of hyperfocus productively and sustain attention even on less engaging tasks Conquer Chaos Implement simple yet effective systems for organizing your physical desk digital files and overflowing email inbox Finally find what you need when you need it Boost Productivity Adopt powerful planning routines and prioritization frameworks like the Eisenhower Matrix that work with your brain Overcome procrastination and task initiation hurdles Enhance Communication Develop skills for active listening manage impulsivity in conversations and emails clearly articulate your needs and navigate meetings with confidence Manage Energy Prevent Burnout Recognize your unique energy cycles implement restorative practices including breaks sleep nutrition exercise manage stress effectively and set crucial boundaries to protect your well being Navigate Workplace Dynamics Gain insights on working effectively with managers and teams understand the pros and cons of disclosure learn about requesting reasonable accommodations and leverage your inherent ADHD strengths Filled with relatable case studies step by step guides and practical workbook activities this book provides the tools you need to build sustainable habits manage challenges effectively and truly thrive not just survive in your career Stop fighting your brain and start working with it to unlock your full professional potential Take control and build a more focused organized and fulfilling work life today

Smart but Scattered Teens Unlocking Potential and Overcoming ADHD Challenges

David Chan,2024-05-24 The Smart but Scattered Teen and Revolutionary Guide to Independence and Success Are you a parent of a smart but scattered teen son or daughter Do you find yourself in a constant struggle to help your teen become a self sufficient responsible adult If so this book is your lifeline This guide offers 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 Join executive skills experts Ph D David Chan and a young adult who has successfully faced these issues himself as they provide 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 Key Features Practical Guidance Learn how to move away from micromanaging cajoling or ineffective punishments Science Based Approach Understand the science behind executive skills and how they can help your teen Real Life Experience Gain insights from a young adult who has successfully navigated these challenges Step by Step Strategies Implement strategies to help your teen live up to his or her potential Strengthen Your Relationship Discover how this approach can make your relationship with your teen stronger Also check out the authors other works including Smart but Scattered with a focus on 4 to 13 year olds their self help guide for adults and the Work Smart Academic Planner Write It Down Get It Done designed for middle and high school students to use in conjunction with coaching

Smart but Scattered Teens Richard Guare,Peg Dawson,Colin Guare,2012-12-07 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 Winner Third Place American Journal of Nursing Book of the Year Award Consumer Health Category See also the authors Smart but Scattered Second Edition with a focus on 4 to 12 year olds Smart but Scattered and Stalled with a focus on emerging adults and The Smart but Scattered Guide to Success with a focus on adults **Smart but Scattered Kids Empowering Parents to Recognize and Foster Their Child's Individual Strengths** David

Chan,2024-05-25 Empowering Your Smart but Scattered Child Unleashing the Potential of Your Child's Mind Description Is your bright and talented child struggling with everyday tasks Are they having difficulty finishing homework tidying up toys or following instructions at school Do they have trouble managing their emotions If so this book is for you This book is a beacon of hope for parents of smart but scattered children It delves into the latest research in child development revealing that many children who have the intellect and heart to succeed often lag in crucial executive skills These are the fundamental habits of mind required for organization focus impulse control and emotion management Key Features Identify Strengths and Weaknesses Learn how to identify your child's strengths and weaknesses providing a clear path for improvement Proven Techniques Discover activities and techniques that have been proven to enhance specific skills Problem Solve Daily Routines Find out how to problem solve daily routines turning chaos into calm Boost Executive Skills Understand how to boost your child's executive skills the fundamental habits of mind required for getting organized staying focused and controlling impulses and emotions Empower Your Child Small changes can lead to big improvements Empower your child to reach their full potential This empowering book shows how small changes can add up to big improvements for your child It's time to help your child unleash their true potential **Smart but Scattered** Peg Dawson,Richard Guare,2011-11-30 This book has been replaced by Smart but Scattered Second Edition ISBN 978 1 4625 5459 1

Living with Adult ADHD Joe Erick Rivera,2024-09-07 Living with Attention Deficit Hyperactivity Disorder ADHD as an adult can feel like navigating a complex maze without a map But what if you could transform that maze into a path of opportunity and personal growth In this groundbreaking book you'll discover How to leverage ADHD traits as strengths in your personal and professional life Effective techniques for improving focus organization and time management Strategies for building and maintaining healthy relationships Practical approaches to financial management tailored for the ADHD mind Tools for emotional regulation and stress management How to create an ADHD friendly environment at work and home The latest insights on medication therapy and holistic treatment options Techniques for boosting self esteem and cultivating a growth mindset Whether you re

newly diagnosed have been managing ADHD for years or are a professional or loved one seeking to understand ADHD better this book provides invaluable insights and actionable advice Each chapter is filled with relatable examples easy to implement strategies and reflective exercises to help you apply the concepts to your unique situation You ll find a balanced approach that acknowledges the challenges of ADHD while celebrating its potential advantages Managing ADHD in Adulthood isn t about changing who you are it s about embracing your neurodiversity and learning to thrive in a world that isn t always designed for the ADHD brain It s time to stop merely surviving and start thriving Master Your Time Learn effective time management strategies tailored specifically for the ADHD brain helping you boost productivity and reduce stress Nurture Relationships Discover techniques for building and maintaining successful personal and professional relationships while navigating the unique challenges of adult ADHD Advance Your Career Unlock your professional potential with career development tips designed to leverage your ADHD strengths and manage potential workplace challenges Achieve Financial Stability Gain control of your finances with practical planning techniques that work with not against your ADHD tendencies Cultivate Inner Calm Explore mindfulness and meditation practices adapted for ADHD helping you improve focus reduce anxiety and better manage your symptoms Boost Your Productivity Implement powerful productivity hacks that turn your ADHD traits into advantages enabling you to accomplish more with less stress Embark on your journey to success today Your ADHD doesn t define you it s a part of what makes you extraordinary Let this book be your guide to unlocking your full potential and living your best life with ADHD

The Work-Smart Academic Planner, Revised Edition Peg Dawson, Richard Guare, 2017-02-16 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

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