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## Smart But Scattered Teens: The Executive Skills Program for Helping Teens Reach Their Potential (Hardback)

By Richard Guare, Peg Dawson, Colin Guare

Guilford Publications, United States, 2013. Hardback. Book Condition: New. 254 x 183 mm.

Language: English . Brand New Book. 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...



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