



## 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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### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- **Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**