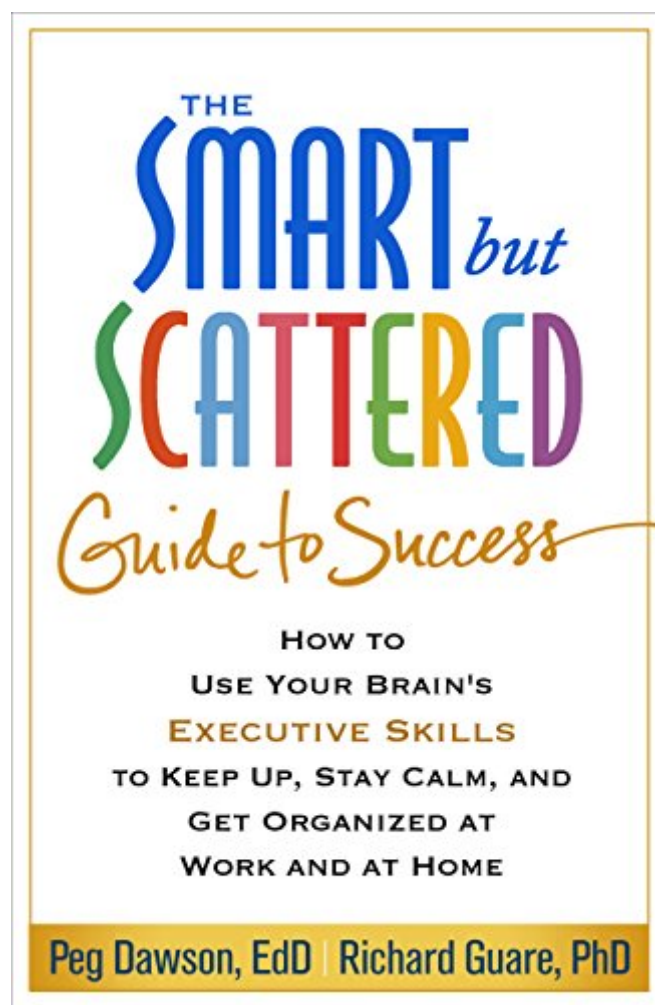


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# The Smart But Scattered Guide To Success: How To Use Your Brain's Executive Skills To Keep Up, Stay Calm, And Get Organized At Work And At Home



## 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

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## 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 weakness!

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