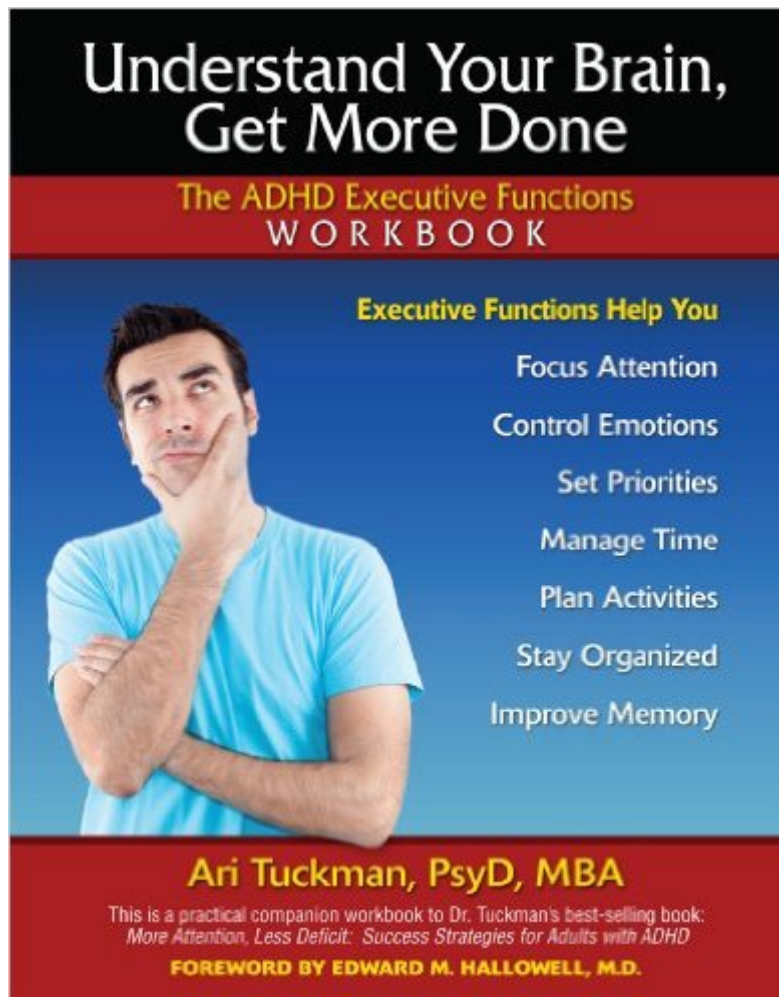


The book was found

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook



Synopsis

Written for attention deficit hyperactivity disorder (ADHD) sufferers yet useful for anyone wishing make better use of their time, this book is abundant with effective strategies for combating problems related to inattention, procrastination, disorganization, mismanagement of time, and poor planning. It begins by carefully explaining the neurologic underpinnings of ADHD and focusing on specific executive functionsâthe brain-based processes that assist in planning, initiating, and carrying out tasks to complete projects. Then using exercises designed to identify areas that need addressing, it aims to "tune up" these executive functions for maximum productivity. In contrast to many books on ADHD, which can have good ideas but lack practical ways to apply them in everyday life, this guide includes specific recommendations for improving distractibility, working memory, attention, organization, time management, and response inhibition deficits. With strategies based in the science of how the ADHD brain processes information, this reference bridges the gap between knowledge and action.

Book Information

Paperback: 162 pages

Publisher: Specialty Press/A.D.D. Warehouse; F First Edition edition (April 1, 2012)

Language: English

ISBN-10: 1886941394

ISBN-13: 978-1886941397

Product Dimensions: 0.5 x 8.5 x 10.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂÂ See all reviewsÂ (32 customer reviews)

Best Sellers Rank: #109,900 in Books (See Top 100 in Books) #81 inÂ Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #367 inÂ Books > Education & Teaching > Schools & Teaching > Special Education #2950 inÂ Books > Self-Help > Personal Transformation

Customer Reviews

Finally, a workbook style manual for adults with ADHD from a well credentialed expert! You don't have to have a diagnosis of ADHD to have some of the symptoms at least some of the time. For such persons and for those who do have ADHD, this workbook is a user-friendly combination of explanation and strategies for dealing with challenges of focus, memory, productivity, and organization. Tuckman begins by briefly articulating the science underlying the challenges faced by

those with an ADD diagnosis, then delves into the specific challenges and possible work-around in all the relevant areas in a very compassionate, accessible fashion. In addition to chapters on focusing attention, controlling emotions, setting priorities, staying organized, etc., he even put in one for working on these issues as a team with your partner/spouse. Instead of saying what the reader must do, he invites the reader to reflect on past experiences, try new approaches, and then continue reflecting and tweaking. You can completely individualize your approach, choosing which areas to work on first. Although I do not have ADD, I found his list of tips for managing time incredibly complete since I tend to get into flow and totally lose track of the time. Some examples include build in time to get ready (already had been doing this and it makes a huge difference), add 50% more to all your time estimates (am trying this), put your lights on a timer (need to try!), etc. This is a perfect book for coaches as well. I shared a section with a dissertation coaching client with the ADD diagnosis, and she was blown away by the spot-on descriptions of the challenges she faces, joking, "How did he get a camera in here and follow me around?"

[Download to continue reading...](#)

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook ADHD: Stories Of Those With Attention Deficit Hyperactivity Disorder And How They Overcame It (Adhd Children, Adhd adult, Adhd parenting, Adhd without ... Adhd advantage, adhd effect on marriage) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) The Fine Art of Executive Protection: Handbook for the Executive Protection Officer Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) 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 Summary - Getting Things Done: David Allen's Book-- A Full Summary!(Version 2015) -- The Art of Stress Free Productivity! (Getting Things Done: A Full ... Book, Planner, Paperback, Audio, Summary) Superhuman Focus: How to Beat Procrastination, Manage Your Time, and Double Your Output - GET MORE DONE. Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Teaching Teens With ADD, ADHD & Executive Function Deficits: A Quick Reference Guide for Teachers and Parents Microsoft Excel 2013 Functions & Formulas Quick Reference Card (4-page Cheat Sheet focusing on examples and context for intermediate-to-advanced functions and formulas- Laminated Guide) Microsoft Excel

2010 Functions & Formulas Quick Reference Guide (4-page Cheat Sheet focusing on examples and context for intermediate-to-advanced functions and formulas- Laminated Guide) Leadership Roles and Management Functions in Nursing: Theory and Application (Marquis, Leadership Roles and Management Functions in Nursing) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Metaprogramming Elixir: Write Less Code, Get More Done (and Have Fun!) The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps ÃƒÂ•gilmente [Agilely]: AprendÃƒÂ© cÃƒÂƒ mo funciona tu cerebro para potenciar tu creatividad y vivir mejor [Learn How Your Brain Functions to Enhance Your Creativity and Live Better] ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2)

[Dmca](#)