



Smart But Stuck: Emotions in Teens and Adults with ADHD

Thomas E. Brown

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Smart But Stuck: Emotions in Teens and Adults with ADHD Thomas E. Brown **Compelling stories that present a new view of ADHD**

Smart but Stuck offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships.

- The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD
- Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD

Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

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Trevor Wright:

Have you spare time for the day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open as well as read a book eligible Smart But Stuck: Emotions in Teens and Adults with ADHD? Maybe it is to get best activity for you. You already know beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have other opinion?

Mildred Miller:

The experience that you get from Smart But Stuck: Emotions in Teens and Adults with ADHD may be the more deep you excavating the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but Smart But Stuck: Emotions in Teens and Adults with ADHD giving you excitement feeling of reading. The article author conveys their point in particular way that can be understood by simply anyone who read it because the author of this reserve is well-known enough. This particular book also makes your current vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We propose you for having that Smart But Stuck: Emotions in Teens and Adults with ADHD instantly.

Jacki Warner:

Smart But Stuck: Emotions in Teens and Adults with ADHD can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to put every word into joy arrangement in writing Smart But Stuck: Emotions in Teens and Adults with ADHD although doesn't forget the main point, giving the reader the hottest as well as based confirm resource data that maybe you can be among it. This great information can easily drawn you into brand new stage of crucial imagining.

Matthew Russell:

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