



## Smart But Scattered Teens

By Richard Guare PhD, Peg Dawson Edd, Colin Guare

Author s Republic, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 165 x 152 mm. Language: English . Brand New. 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.



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