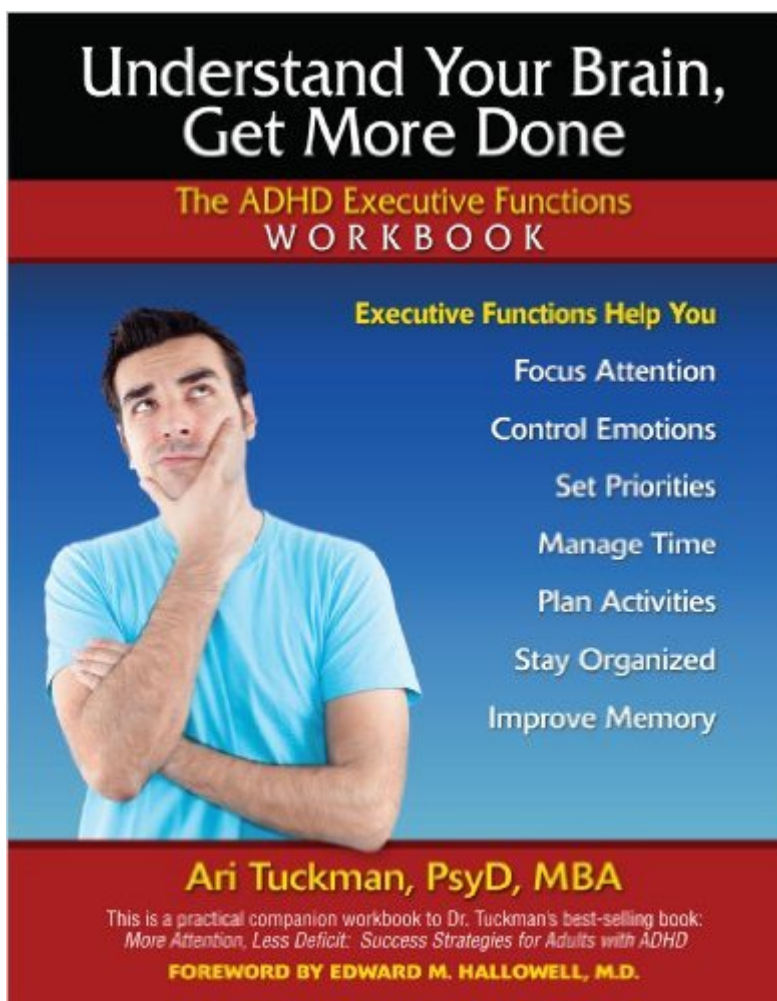


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# Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook



## 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?"

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