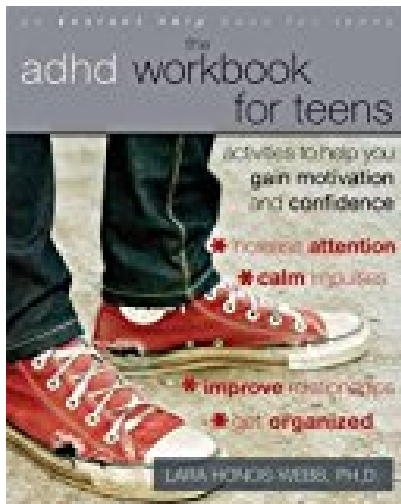


# The ADHD Workbook for Teens Activities to Help You Gain Motivation and Confidence

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## BOOK DETAILS

- Author : Lara Honos-Webb PhD
- Pages : 144 Pages
- Publisher : Instant Help
- Language : English
- ISBN : 1572248653

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## BOOK SYNOPSIS

Focus on Your Strengths and Overcome ADHD Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time-during class, when youre listening to a friends story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In The ADHD Workbook for Teens, youll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, youll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with. Learn how to calm yourself down when you feel hyperactive or impulsive Develop plans for meeting the goals that matter to you most Get your life under control and organize your schedule Improve your social life by becoming a better listener and friend

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