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Posted on 09 June 2019 By Ari Tuckman

## ( DOWNLOAD EPUB ) ? Understand Your Brain, Get More Done ? MOBI eBook or Kindle ePUB free

Have ADHD Know someone with symptoms This book could save their career and their relationships by helping develop concrete strategies to deal with inattention, hyperactivity, and or impulsiveness The highly respected author knows what he is talking about His style is clear, with a touch of humor Very user friendly

# Understand Your Brain, Get More Done

## The ADHD Executive Functions WORKBOOK



### Executive Functions Help You

Focus Attention

Control Emotions

Set Priorities

Manage Time

Plan Activities

Stay Organized

Improve Memory

**Ari Tuckman, PsyD, MBA**

This is a practical companion workbook to Dr. Tuckman's best-selling book:  
*More Attention, Less Deficit: Success Strategies for Adults with ADHD*

**FOREWORD BY EDWARD M. HALLOWELL, M.D.**

( DOWNLOAD EPUB ) ? Understand Your Brain, Get More Done ? 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 Functions 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

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