

The "Executive Skills" Program for Helping  
Teens Reach Their Potential

Over 100,000 in Print!

# SMART *but* SCATTERED TEENS

Boost Any Teen's Ability to:

- ✓ Resolve conflict
- ✓ Assess risks
- ✓ Control emotions
- ✓ Work independently
- ✓ Pay attention
- ✓ Get organized
- ✓ Resist peer pressure
- ✓ Follow through
- ✓ Manage a schedule
- ✓ Plan ahead



Richard Guare, PhD, Peg Dawson, EdD,  
and Colin Guare

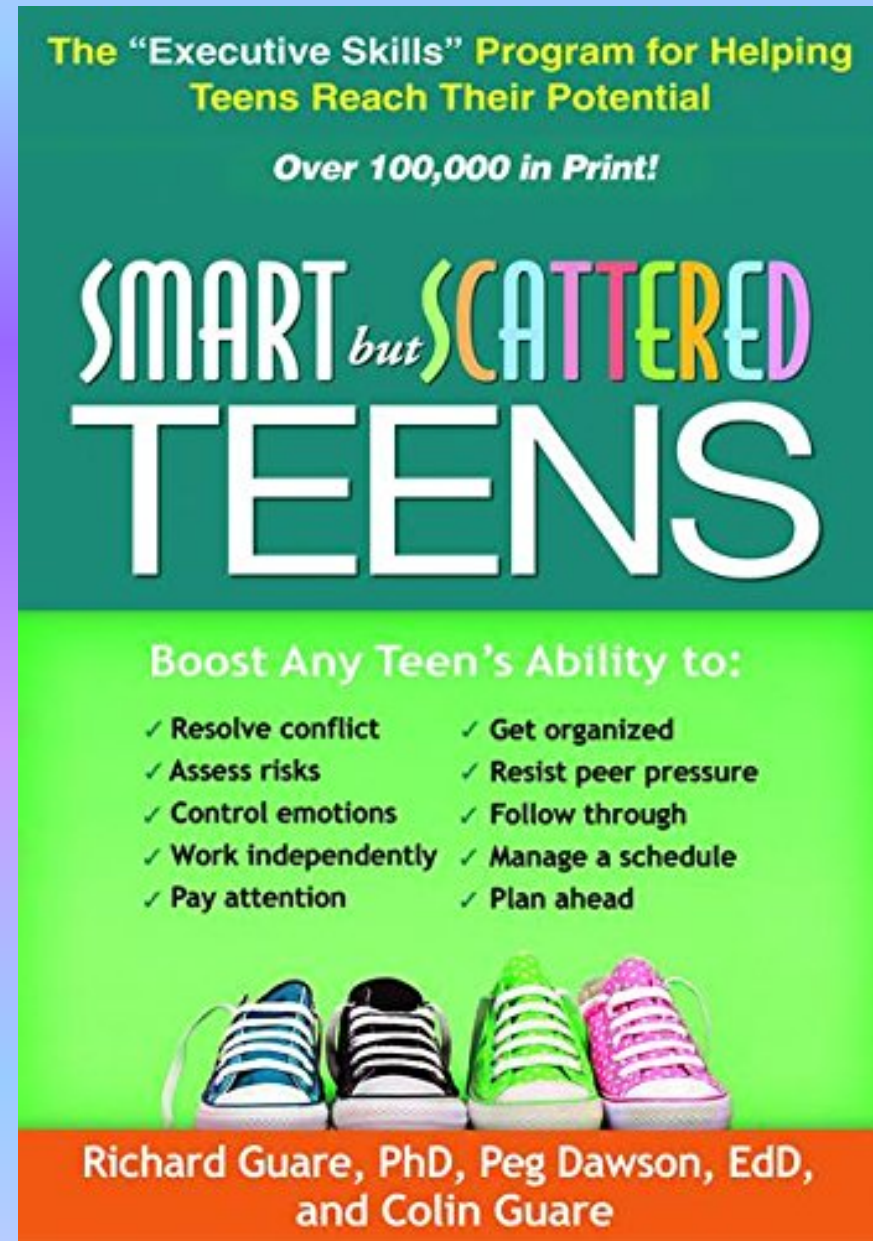
## BEST PDF Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential FOR IPAD

- Author : Richard Guare PhD
- Pages : 293 pages
- Publisher : The Guilford Press 2012-12-17
- Language : English
- ISBN-10 : 1609182294
- ISBN-13 : 9781609182298

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## ABOUT THE BOOK

"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 [Read more](#)



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