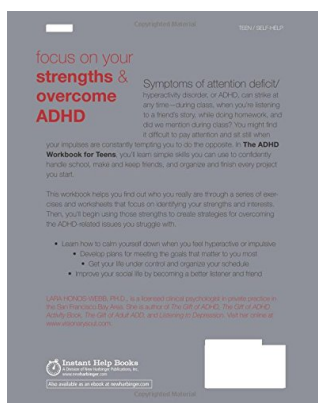


[PDF] The ADHD Workbook For Teens: Activities To Help You Gain Motivation And Confidence

Lara Honos-Webb PhD - pdf download free book



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Description:

Focus on Your Strengths and Overcome ADHD

Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time-during class, when you're listening to a friend's 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**, you'll 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, you'll 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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