

# Unlock Your Teen's Potential: Smart But Scattered Teens



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

by Richard Guare

★★★★☆ 4.6 out of 5

Language : English  
File size : 5833 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 481 pages



Does your teen struggle with:

- Staying organized and managing their belongings?
- Starting and completing tasks on time?
- Paying attention and staying focused?
- Staying motivated and engaged in school?

If so, they may be one of the millions of teens who have ADHD or related challenges.

But here's the good news: with the right support and strategies, your teen can overcome these challenges and reach their full potential.

'Smart But Scattered Teens' is the ultimate guidebook to help your teen succeed. Written by a seasoned expert on ADHD and executive functioning, this book provides practical, step-by-step strategies to help your teen:

- Get organized and manage their time effectively
- Improve their focus and attention span
- Stay motivated and manage their emotions
- Develop the skills they need to succeed in school and beyond

### **Benefits of Reading 'Smart But Scattered Teens'**

- Empower your teen with tools and strategies to overcome their challenges
- Help your teen build self-confidence and a positive self-image
- Improve your teen's academic performance and school experience
- Strengthen the bond between you and your teen
- Create a more harmonious and supportive home environment

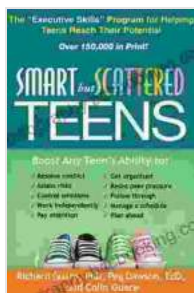
### **About the Author**

Dr. Richard Guare is a clinical psychologist and the founder of the Guare Center for Cognitive Enhancement. He has over 25 years of experience working with children and adolescents with ADHD and executive functioning challenges. He is a renowned expert in the field and has written extensively on the topic.

**Free Download Your Copy Today!**

Don't wait any longer to help your teen reach their full potential. Free Download your copy of 'Smart But Scattered Teens' today and start making a difference in your teen's life.

Free Download Now



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