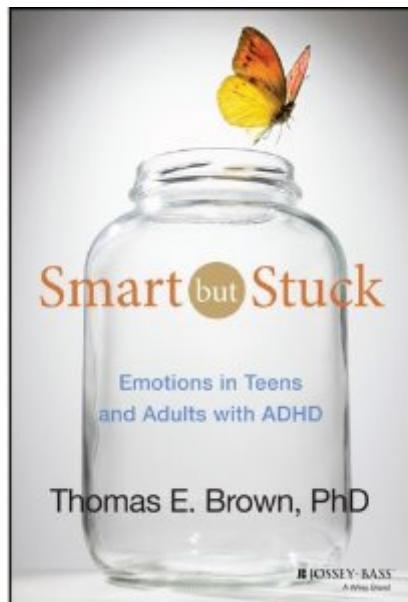


The book was found

Smart But Stuck: Emotions In Teens And Adults With ADHD



Synopsis

Compelling stories that present a new view of ADHD Smart but Stuck offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships. The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD. Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

Book Information

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Customer Reviews

Ironically, while writing this book review, I often found myself feeling "smart but stuck." This review was scheduled to be published last month but my inability to get started until the last minute got in the way. I believed writing this was important so I set earlier deadlines and forced myself to "work" on it (when I spent plenty of time staring at my blank screen "to the detriment of other obligations.) But that wasn't enough in the moment " I just couldn't force my brain to write sentences. And now that I've read this book, I understand exactly how that can so easily happen to someone with ADHD. Dr. Thomas E. Brown in his latest book, "Smart But Stuck," explores the role of emotions in the ADHD experience. "Emotions" sometimes conscious, more often

unconscious " serve to motivate cognitive activity that shapes a person's experience and action. For those with ADHD, chronic problems with recognizing and responding to various emotions tend to be a primary factor in their difficulties with managing daily life. • And as Brown explains, being smart doesn't provide shelter from these problems. The patients discussed in this book were all very bright but still became stuck in school, relationships or work. The high incidence of comorbid psychiatric conditions with ADHD is well documented, but the impact of emotions on ADHD is even more pervasive when considering those affected by subclinical manifestations or "shadow syndromes." • To anyone with ADHD, it is obvious emotions play a critical role in how ADHD symptoms manifest, yet very little has been written on the subject. This book appeals to a wide audience.

Most of this book is a series of case studies (about a dozen) drawn from Dr. Brown's clients. All of the individuals have ADHD, almost always with co-occurring conditions (anxiety, depression), although most were not diagnosed until they were teenagers or adults. Most of the case study subjects are high school or college students who have hit a road block in school and are on the verge of dropping out or are on academic probation, although a couple of them are adults who are having problems at work or with personal relationship or other life stressors. Each case study describes the circumstances that led the individual to seek treatment along with the approaches taken to improve outcomes (e.g., medication, therapy, changing schools or jobs, etc.). Each study ends with a succinct summary of the different interventions that were used. After the case studies, there is brief chapter that tries to tie things together. As the parent of a child who could easily have been one of the case studies in this book, I found the book helpful in trying to understand why things started to go so wrong for my child. I wish the book had been available a year ago when I really could have benefitted from it! Even so, it was still a useful read. I can recommend it for any parent who has a teenager or young adult who is struggling with ADHD. I also think it would be an excellent read for high school and college guidance counselors or other educators working with students who are really struggling in school but who clearly have the potential to do better. The book provides many insights into why these students are having such a hard time and what can be done to help. I think there are many misconceptions by educators that reading this book could help to clear up.

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Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) A Young Woman's Guide to Setting Boundaries: Six Steps to Help Teens *Make Smart Choices *Cope with Stress * Untangle Mixed-Up Emotions Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health Deliver Me From Negative Emotions: Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book 2) Your Emotions, Yourself: A Guide to Your Changing Emotions (Your Body, Your Self Book) But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over_Picky kids will try it, hungry adults won't miss meat, and holiday traditions can live on! (But I Could Never Go Vegan!) Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders Regener8 - A Christian Devotional for Teens (Straight Talk for Street Smart Teens) What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Autism: 44 Ways to Understanding- Aspergers Syndrome, ADHD, ADD, and Special Needs (Autism, Aspergers Syndrome, ADHD, ADD, Special Needs, Communication, Relationships) ADHD Without Drugs - A Guide to the Natural Care of Children with ADHD ~ By One of America's Leading Integrative Pediatricians Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Hyperactive Children Grown Up, Second Edition: ADHD in Children, Adolescents, and Adults Supporting Positive Behavior in Children and Teens with Down Syndrome: The Respond but Don't React Method Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential The Burn: Why Your Scale Is Stuck and What to Eat About It Do Over: Rescue Monday, Reinvent Your Work, and Never Get Stuck

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