



Smart But Stuck: Emotions in Teens and Adults with ADHD

By Dr Thomas E Brown

Audible Studios on Brilliance, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. 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 audiobook 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 audiobook describes strategies and treatments for getting unstuck to move on to a more rewarding and productive life.



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