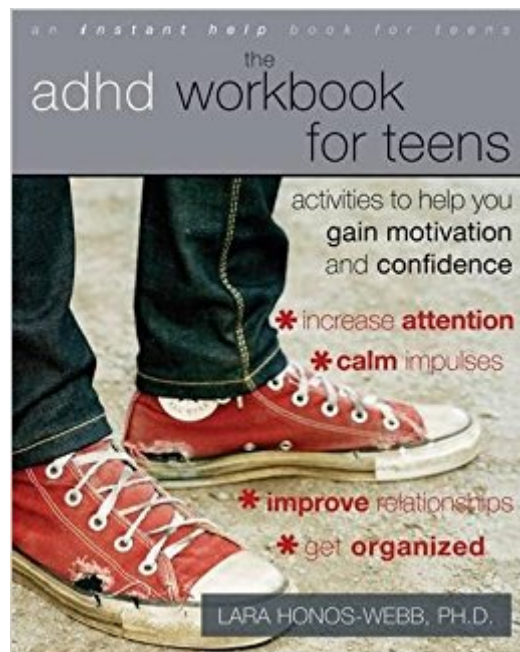




The book was found

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



Synopsis

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.

Book Information

Paperback: 144 pages

Publisher: Instant Help; 1 edition (January 1, 2011)

Language: English

ISBN-10: 1572248653

ISBN-13: 978-1572248656

Product Dimensions: 0.2 x 7.8 x 9.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 46 customer reviews

Best Sellers Rank: #18,016 in Books (See Top 100 in Books) #4 in [Books > Teens >](#)

[Education & Reference > School & Education](#) #4 in [Books > Teens > Social Issues > Special](#)

[Needs](#) #8 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#)

Customer Reviews

Lara Honos-Webb's book contains forty activities for helping teenagers with ADHD thrive and excel at home, in social situations, and at school. The ADHD Workbook for Teens is an essential guide that will help teens with ADHD have successful lives.
— Stephanie Moulton Sarkis, Ph.D., NCC, LMHC, author of 10 Simple Solutions to Adult ADD, Making the Grade with ADD, ADD and Your Money, and Adult ADD
This thought-provoking workbook offers teens confidence, reassurance, motivation, and insight. Thank you, Lara Honos-Webb, for letting teenagers know that ADHD is a gift that is full of opportunities. It's a message teens with ADHD deserve.
— Robin Goldstein,

Ph.D., faculty member at Johns Hopkins University and author of The New Baby Answer Book

Lara Honos-Webb, Ph.D., is a licensed clinical psychologist in private practice in Walnut Creek, CA. She is author of The Gift of ADHD, The Gift of ADHD Activity Book, Listening to Depression, and more than twenty-five scholarly articles. Her work has been featured in Newsweek, the Wall Street Journal, Publisher's Weekly, and many newspapers across the country. She has appeared on national radio and television programs. Honos-Webb specializes in the treatment of ADHD, depression, and the psychology of pregnancy and motherhood and speaks regularly on these topics. She completed a two-year postdoctoral research fellowship at the University of California, San Francisco, and has been an assistant professor teaching graduate students. For more information about Honos-Webb and her work, please visit visionarysoul.com.

My daughter, who has ADD, completed this book in three days. She loved it and found it really helpful. I recommend it!!!

Great lesson for individual counseling or group. I use these lessons with my students in small groups and individual counseling sessions.

I work at a residential program for adolescents, and this was definitely worth the purchase! The kids using it were able to stay focused long enough to complete it.

MY daughter is 12 and has ADHD. I bought this book for her and she has enjoyed it. She says that she will use the skills learned from within the book to help her focus better. Such a great book.

This is a great workbook. It's relatable for my teen, not boring. When he sits down with this, it engages him.

We have been working through the workbook slowly, but my son likes to work in it. It gets him to think about things differently and the examples show him other situations that are similar to him. Definitely worth it!

This is an awesome book (from the mom's perspective)! It helps my teenage son realize he isn't alone in this struggle and gives him some of the tools he needs to work through day to day issues.

I have a 15 yr old son with ADHD, we've had some challenges, this workbook has been a great tool for him to work through and us discuss so that we gain a better understanding about his strengths and challenges. He fills it in we discuss. We are learning tools and ways for him to be more successfully in school.

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Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)
ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders)
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)
The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals
The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals
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The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens)
ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT)
Shyness: How To Overcome Shyness and Social Anxiety:

Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Mindfulness for Teens with ADHD: A Skill-Building Workbook to Help You Focus and Succeed ADHD Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents with 162 Tools, Techniques, Activities & Handouts

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