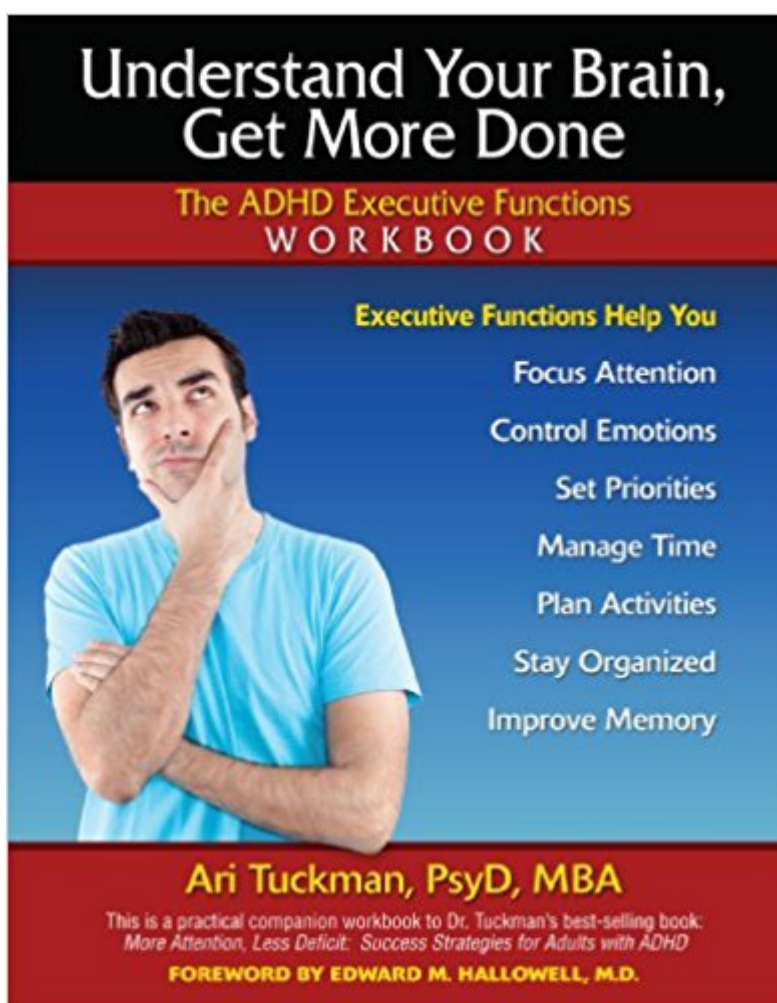


The book was found

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook



Synopsis

Written for attention deficit hyperactivity disorder (ADHD) sufferers yet useful for anyone wishing make better use of their time, this book is abundant with effective strategies for combating problems related to inattention, procrastination, disorganization, mismanagement of time, and poor planning. It begins by carefully explaining the neurologic underpinnings of ADHD and focusing on specific executive functions—the brain-based processes that assist in planning, initiating, and carrying out tasks to complete projects. Then using exercises designed to identify areas that need addressing, it aims to "tune up" these executive functions for maximum productivity. In contrast to many books on ADHD, which can have good ideas but lack practical ways to apply them in everyday life, this guide includes specific recommendations for improving distractibility, working memory, attention, organization, time management, and response inhibition deficits. With strategies based in the science of how the ADHD brain processes information, this reference bridges the gap between knowledge and action.

Book Information

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in Books > Self-Help > Personal Transformation

Customer Reviews

"Dr. Tuckman's book *Understand Your Brain, Get More Done* provides realistic, practical, and useful information for those with adult ADHD. Not only is the book enlightening, but it also fun to read. The exercises in the book are educational, easy to complete, and give great insight into the world of adult ADHD. I have recommended Dr. Tuckman's companion book *More Attention, Less Deficit* to my patients and clients, and I have listed it as a recommended resource in my books due to its

straightforward nature and wealth of information. I will do the same with *Understand Your Brain, Get More Done* for the same reasons. They are both outstanding books." — Stephanie Moulton Sarkis PhD, NCC, LMHC, psychotherapist and author, *10 Simple Solutions to Adult ADD, Making the Grade with ADD, ADD and Your Money, and Adult ADD: A Guide for the Newly Diagnosed*

"Dr. Tuckman has provided us with a richly detailed discussion of ADHD in adults and especially how it should be managed, directly written for the adult with ADHD in mind. — Wonderfully supportive and informative, this book provides countless recommendations for addressing the myriad symptoms of poor self-control and time management, inattention and disorganization, and impulsive and careless behavior that afflicts nearly every major domain of life activities for adults. — The book should prove enormously instructive for both adults with ADHD and for clinicians who specialize in its diagnosis and management." — Russell A. Barkley, PhD, ADHD expert, researcher, author of numerous books

Ari Tuckman, PsyD, MBA, is a psychologist who specializes in the diagnosis and treatment of ADHD. He is the vice president of the Attention Deficit Disorder Association. His previous books include *Integrative Treatment for Adult ADHD: A Practical, Easy-to-Use Guide for Clinicians and More Attention, Less Deficit: Success Strategies for Adults with ADHD*. He lives in West Chester, Pennsylvania.

The problem with using books for ADHD, is 1. retaining info 2. not getting bored while reading. This one is different! This book is so helpful because it has you working and answering questions, you can go around to any part you want, and you won't be losing information in the process. I recommend this to anybody having complications in any realm of ADHD. Also would help even just someone with a busy life!

Glad to see a practical workbook on Executive Functioning. Talk is not enough, but writing things down in mini exercises help.

I really am enjoying this book. I haven't been diagnosed with ADHD, but as a busy person, sometimes you feel like you have it. This book gives you many ways to deal with the overwhelming feeling when you have so much to do and can't seem to focus. So far it has helped me a lot!! I would recommend this book!

The author provided helpful, easy to understand and ready to use tips for helping a child with ADHD. I highlighted specific tips to implement right away to help our child to succeed in school.

I read this book as a parent to a recently diagnosed child with ADHD, inattentive type -- and to someone who homeschooled my child last year (she's in traditional school now). The book does exactly what the cover says it will. Inside you'll find facts on:-- classroom accommodations-- how to set up a behavior plan (for teachers)-- newest meds for ADHD-- steps to improve attention in school-- helping your child with homework. I'll review the book in terms of pros and cons. First the Pros:-- The book is well organized. The sections are succinct and easy to read. The book does a fine job of delineating between "parent" sections and "teacher" sections. So, it is easy to find the sections that apply to each reader.-- As a parent, I found the homework help section refreshing and valuable. I have not found this information in other publications. Applied at home, the homework techniques are already making a positive impact at our house.-- Chapter 4 on inattentive type is a treasure, as that is the type my daughter has. Most ADHD books focus on hyperactivity or the "combined type" of ADHD. It was great to have a whole chapter on just inattentive type.-- Chapter 6 is all about comorbid disorders. You'll find this information in many other books; but not to the level of detail as is presented here. Dr. Parker gives us much more info on OCD, CD, anxiety, etc., than is typically offered. I will go back to this chapter again and again for reference material. It's really worth the read. Cons:-- The book's narrative is as dry as dirt. :) The information presented is correct and important, but reading the book is about as exciting as reading a cell phone owner's manual. Do not expect a riveting story. This is a guide and that's it.-- The information "for teachers" on ADHD, in terms of what ADHD is and how it works/doesn't work, seemed very basic. Nothing that isn't presented in many other books. I've read just a few books on ADHD and found all the info in other publications. The info on how to create behavior plans seemed pretty good, but again, nothing that opens new doors. I would hope any teacher trained in dealing with ADHD already knows this stuff. Overall I give this book 4 stars because it does exactly what it says it does. The bullets I listed in the Pros section make the book well worth the price and time spent reading it. I recommend this book for those sections, especially. Problem Solver Guide for Students with ADHD is a fine addition to one's ADHD library, but shouldn't be the only book in the library. If you have a child just recently diagnosed with ADHD, I whole heartedly recommend "ADHD -- Living Without Brakes" by Martin L. Kutscher as the place to begin learning about this condition. From that point, books like Problem Solver Guide for Students with ADHD will be more of a help, in my opinion.

Our pediatric neurologist recommended this book for our young son diagnosed recently with ADHD. I find the information inside to be counterproductive since it seems to deal with diagnosis the problem to begin with, which, as I just mentioned we already had. It has ALOT of practical information for teachers but I am not a teacher, I am a parent. Didn't find anything useful here.

I am a therapist and this book was very helpful with patients. The approach is quite positive with exercises that make change possible.

This has been god-send for me. I highly recommend it. Hope there's another similar publication when I'm finished with this.

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Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders)
How ADHD Affects Home Organization: Understanding the Role of the 8 Key Executive Functions of the Mind.
ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet)
Train Your Brain for Success: A Teenager's Guide to Executive Functions
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)
The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD
The Queen of Distraction: How Women with ADHD Can Conquer Chaos, Find Focus, and Get More Done
The Get it Done Divas Guide to Business: The Definitive Guide to Getting it Done and Standing Out as a Leader and Expert
The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home
Too Busy for Your Own Good: Get More Done in Less Time
With Even More Energy (Business Skills and Development)
Conquer Your Year: The Ultimate Planner to Get More Done, Grow Your Business, and Achieve Your Dreams (The Conquer Series)
Dale Carnegie's How to Win Friends and Influence People: An Executive Summary (Executive Summaries by Spry Summaries Book 1)
Super Secrets of Successful Executive Job Search: Everything you need to know to find and secure the executive position you deserve
The Fine Art of Executive Protection: Handbook for the Executive Protection Officer
Helping Students Take Control of Everyday

Executive Functions: The Attention Fix Learning to Plan and Be Organized: Executive Function Skills for Kids With AD/HD (Enhancing Executive Function Skills in Kids with AD/HD) Basic Immunology Updated Edition: Functions and Disorders of the Immune System With STUDENT CONSULT Online Access, 3e (Basic Immunology: Functions and Disorders of the Immune System) Leadership Roles and Management Functions in Nursing: Theory and Application (Marquis, Leadership Roles and Management Functions in Nursing)

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