

ADHD WORKBOOK FOR TEENS

Activities to Help You Gain Motivation and Confidence

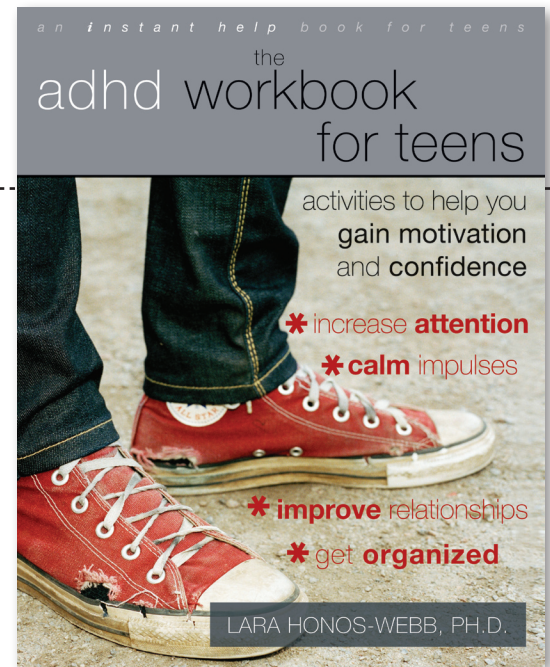
LARA HONOS-WEBB, PH.D.



About
the Author

A new approach to ADHD

Studies show that at least one in four adolescents with ADHD will drift into antisocial behavior, and one in five will develop a substance abuse problem. At the heart of these issues are deficits in confidence and motivation, says author and ADHD expert Dr. Lara Honos-Webb. Through focus on building confidence and gaining motivation, **ADHD Workbook for Teens**, the first workbook written specifically for teens with ADHD, provides guidance tailored to address the unique struggles of teenagers including overcoming impulsive behavior, developing an independent identity, getting organized, and developing healthy friendships and romantic relationships.



Features

Defining yourself by What You Can Do • Finding a Good Match for Your Skills • Your Personality Traits and Learning Style • Creating Strategies to Overcome Obstacles • Using Your Goals to Motivate You • Identifying and Expressing Your Feelings • Building Your Brain • Listening When You Feel Like You Can't • Noticing When You're Feeling Hyperactive • Pushing Back Against Your "Can'ts" • Ending the Blame Game • Learning From Your Jealousy • Changing Your Breathing, Changing Your Mood • Letting Go of Family Problems • How to Get High Without Drugs or Alcohol • Taking a Stand Against Peer Pressure • Connecting With Your Family • Handling Criticism • Studying on Saturdays • The Power of Fifteen Minutes a Day • Failing Your Way to Success • Facing Uncomfortable Feelings • Focusing on Where You Want to Go • Getting Organized • Risky Behaviors • Classroom Accommodations • What Makes a Good Friend? • How to Succeed in Love • Spending Time in Nature • Reaching for the Stars • Identifying Your Support Systems • Asking for Help

FOR AN INTERVIEW REQUEST *or*
MORE INFORMATION CONTACT:

Jessica Dore . 510.652.3280
jessica.dore@newharbinger.com

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Lara Honos-Webb, Ph.D.

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Praise

"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, 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, ADD and Your Money, and Adult ADD*

Tips from *ADHD Workbook for Teens*

1. Focus on what is working, not what isn't.

Each day you have a choice to define yourself by your strengths or by your weaknesses. Even when something seems to have gone wrong, you have the power to ask questions such as, "What went right?" When you ask yourself this type of question, you will start to notice what helps you do well.

2. Be mindful.

Taking a step back and witnessing your behavior without judging or criticizing yourself can help you gain control over hyperactivity by simply noticing it and observing it, rather than being driven by it.

3. Confidence doesn't require perfection.

Define yourself by your talents rather than your failings. Always give yourself credit for difficult situations rather than being ashamed of your personal struggles.

4. Look at criticism as coaching.

Negative feedback can be hurtful, but as you learn to focus on the positive you can practice doing so with criticisms. You have the ability to benefit from negative feedback rather than let it stand in the way of your goals by turning criticisms into positive direction and guidance.

5. Fifteen minutes a day can make a difference.

Taking just fifteen minutes a day to work on skills that will help you reach your goals can have a tremendous impact on your sense of accomplishment and progress. Fifteen minutes of straightening your room each day, for example, can help you feel immediate progress in tackling disorganization.

6. Failure is feedback!

Viewing failure as a chance to gain information, build resilience, develop skills and improve problem solving abilities can make a significant impact on how you approach and progress past challenges.

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