

## Smart But Stuck Emotions In Teens And Adults With Adhd

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### Smart But Stuck Emotions In

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.

### Smart but Stuck: Thomas E. Brown, Ph.D., Joe Bronzi ...

In Smart but Stuck Emotions in Teens and Adults with ADHD, he offers portraits of 11 people suffering because of an overlooked, underappreciated facet of the effects of ADD/ADHD: ADD/ADHD often contributes to and exacerbates emotional challenges, in particular with anxiety and depression, but also sociability, empathy and intimacy.

### Smart But Stuck: Emotions in Teens and Adults with ADHD by ...

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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.

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### Smart But Stuck: Emotions in Teens and Adults with ADHD ...

"Smart but Stuck" offers a series of true stories about intelligent teens and adults who had gotten "stuck" in failures at school, work, or in getting along with friends and family because of their ADHD. It shows how they got "unstuck" by dealing with ups and downs of emotions they didn't know they had.

### Dr. Brown's Books | Brown Clinic for Attention and Related ...

Smart but Stuck: Emotions in Teens & Adults with ADHD by Thomas E. Brown New book to be released March,2014 Jossey-Bass/Wiley

### Smart, but Stuck: Emotions in Teens & Adults with ADHD

Smart But Stuck Quotes Showing 1-5 of 5 "Sometimes the working memory impairments of ADHD allow a momentary emotion to become too strong; the person is flooded with one emotion and unable to attend to other emotions, facts, and memories relevant to that immediate situation.

### Smart But Stuck Quotes by Thomas E. Brown

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### Smart but stuck : emotions in teens and adults 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.

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### Smart but stuck : emotions in teens and adults with ADHD ...

Smart But Stuck: Emotional Aspects of Learning Disabilities and Imprisoned Intelligence, Revised Edition is for individuals with the problem, their families, friends, and teachers. It is also for psychotherapists, educators, school social workers, medical personnel, people dealing with prisons, etc.

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