



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

Peg Dawson EdD, Richard Guare PhD

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Are you smart, scattered, and struggling? You're not alone. Cutting-edge research shows that today's 24/7 wired world and the growing demands of work and family life may simply max out the part of the brain that manages complex tasks. That's especially true for those lacking strong executive skills/m-/the core brain-based abilities needed to maintain focus, meet deadlines, and stay cool under pressure. In this essential guide, leading experts Peg Dawson and Richard Guare help you map your own executive skills profile and take effective steps to boost your organizational skills, time management, emotional control, and nine other essential capacities. The book is packed with science-based strategies and concrete examples, plus downloadable practical tools for creating your own personalized action plan. Whether on the job or at home, you can get more done with less stress.

See also the authors' Smart but Scattered parenting guides, plus an academic planner for students and related titles for professionals.

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