

## SMART BUT STUCK EMOTIONS IN TEENS AND ADULTS WITH ADHD%0A

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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.

Smart but Stuck: Emotions in Teens and Adults with ADHD ...

This book proposes a new understanding of the role of emotions in ADHD teens and adults. It addresses why emotions are often complex and troubling in the lives of those with ADHD.

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

Smart, but Stuck: Emotions in Teens & Adults with ADHD  
Thomas E. Brown, PhD  
Associate Director, Yale Clinic for Attention and Related Disorders

Smart But Stuck: Emotions in Teens and Adults with 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.

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

From the Inside Flap, Smart but Stuck offers a series of true stories about intelligent, capable teens and adults who have gotten stuck at school or work, or in social relationships because of their ADHD.

Smart But Stuck: Emotions in Teens and Adults with ADHD

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.

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

Description 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.

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

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.