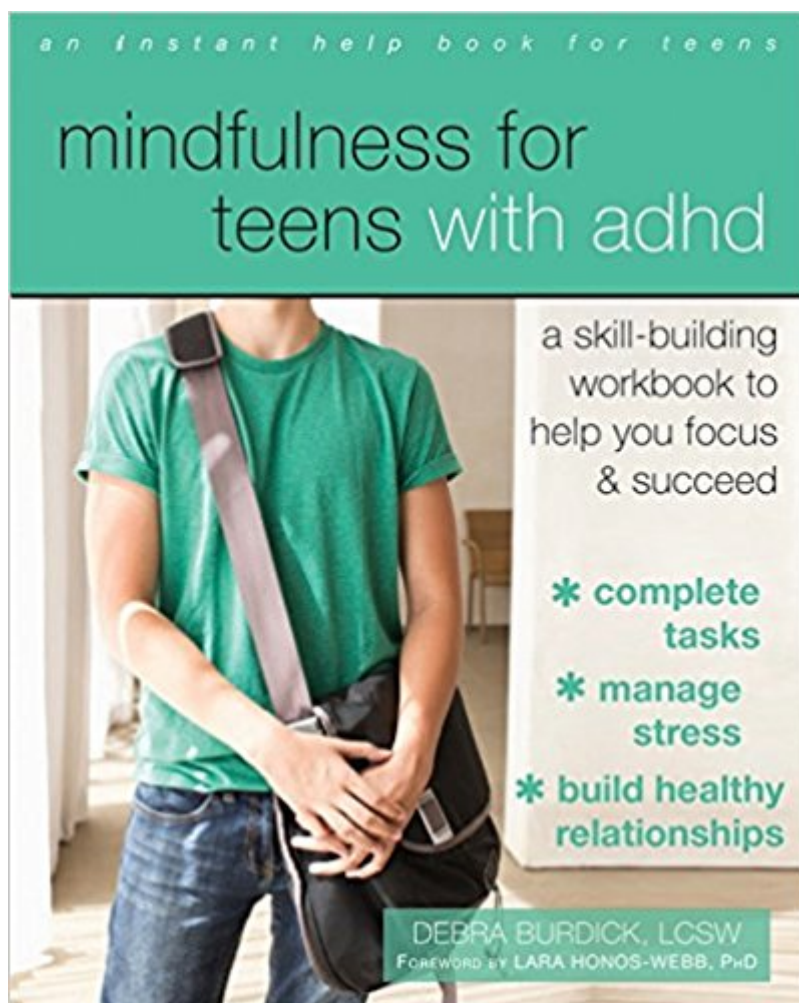


The book was found

# Mindfulness For Teens With ADHD: A Skill-Building Workbook To Help You Focus And Succeed



## Synopsis

Get focused, the mindful way! In *Mindfulness for Teens with ADHD*, a clinical social worker offers powerful skills based in mindfulness and neuroscience to help you succeed in all areas of life—•at home, in school, with friends, and beyond! As if being a teen wasn't tough enough, attention deficit/hyperactivity disorder (ADHD) can make everyday life even more difficult—•from struggling in school to relationship troubles with family and friends. When you just can't focus, life can get lost in the balance. And to make matters worse, you might also feel stressed or have trouble sleeping and eating well. So, how can you gain focus and start feeling better right away? In *Mindfulness for Teens with ADHD*, a clinical social worker offers fast, easy mindfulness skills to help you successfully navigate all the areas of life, including making good choices, completing tasks, increasing academic success, excelling at sports, driving safely, getting enough sleep, managing stress, and more. By paying attention to the moment, you'll find yourself less distracted and better able to focus on what's going on right now—•whether it's an algebra test, a job interview, or an important conversation with a friend. The mindfulness activities in this workbook will also help you build self-awareness and practice self-reflection—•key skills to succeeding in life! These skills will help you start feeling more focused, less stressed, and gain confidence in your ability to reach your goals. So, what are you waiting for?

## Book Information

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## Customer Reviews

"Mindfulness for Teens with ADHD nails it! Any teen—•indeed, any

person who has ADHD can gain enormously by using this practical, reader-friendly, immensely valuable workbook. The author knows her stuff, having worked in the real world of teens and attention deficit/hyperactivity disorder (ADHD) for years. I give this book the highest recommendation. It will reduce stress, build skills, and dramatically improve the life of every person who uses it.

Edward Hallowell, MD, coauthor of *Driven to Distraction*

“Mindfulness at its core is about building attention, increasing self-awareness, and creating new choices in responding. This makes a mindfulness-based approach a perfect fit for those who have unique brain functioning and learning styles such as in ADHD. Debra Burdick’s invaluable book provides teens, and those that work with them, with an excellent blueprint for applying curiosity and kindness to one’s ADHD characteristics, weaknesses, and strengths. The book goes to the heart of typical teen struggles such as schoolwork or making friends, and through structured questions and practices guides the teen reader to simultaneously become more self-accepting and more resourceful in dealing with daily challenges.”

Lidia Zylowska, MD, associate professor in the department of psychiatry at University of Minnesota, founding member at UCLA Mindful Awareness Research Center, and author of *The Mindfulness Prescription for Adult ADHD*

“Debra Burdick has done it again! Another step-by-step, easy-to-follow book—and this time, for teens with ADHD. Burdick takes us from home and school all the way to employment and long-term success with her mindfulness activities. This book is a must for all those working with teens, and also for all teens, whether they have ADHD or not.”

Susan Epstein, LCSW, parenting expert and business coach for therapists, coaches, and healers; author of *Over 60 Techniques, Activities, and Worksheets for Challenging Children and Adolescents*

“I’ve seen first-hand how mindfulness can help people with ADHD. In her new book, *Mindfulness for Teens with ADHD*, Debra Burdick gives you some powerful techniques to help teens with ADHD succeed in all areas of their lives. The book is full of practical tools that teens can use in a variety of situations. I highly recommend it.”

Charles A. Francis, author of *Mindfulness Meditation Made Simple*

“In my practice in sleep medicine and child neurology, I’ve seen first-hand the power that cultivating mindfulness can have. This is an excellent resource for learning mindfulness, which is divided up nicely into segments that a teen with ADHD can easily follow to help them in all areas of their life.”

Jose Colon, MD, MPH, founder of Paradise Sleep, and award-winning author of books on sleep for women, children, and infants

“As a former high school teacher, I have seen many methods to support teenagers with ADHD, and at the core of all successful techniques is mindfulness. Debra Burdick has compiled an amazing toolkit for parents and teachers to use with

their teens to help them focus, become more aware, and ultimately increase their self-confidence. These activities will be a part of their lifetime daily care habits, and good for everyone to use. • Julie Kleinhans, youth empowerment and education mentor, and creator of Successful Kids Revolution and Mind Focus Generation “Mindfulness for Teens with ADHD is a fabulous tool for both parents and teens. Debra has organized a step-by-step process which takes the overwhelm out of living with ADHD. This book is a must-have for all teens. • Heather Chauvin, founder of Mom Is In Control

Debra Burdick, LCSW, also known as “The Brain Lady,” is an international expert on mindfulness and attention deficit/hyperactivity disorder (ADHD). She is author of ADHD Non-Medication Treatment and Skills for Children and Teens; Mindfulness Skills for Kids and Teens; Mindfulness Skills Workbook for Clinicians and Clients; and several mindfulness CDs. She teaches all-day workshops, including 100 Brain-Changing Mindfulness Strategies for Clinical Practice, Childhood ADHD: Advanced Non-Drug Treatments and Strategies that Change the Brain, and Mindfulness Toolkit for Kids and Teens. A licensed clinical social worker and board-certified neurotherapist, Debra recently retired from private practice to focus on writing and speaking. She incorporates mindfulness skills in all areas of her life and work, and has extensive experience helping children and adults with ADHD, including her own daughter. An expert author on [www.selfgrowth.com](http://www.selfgrowth.com), Debra’s work has been featured on radio (Attention Talk Radio, ADHD Support Talk Radio, and Doctors of the USA), in print media (The Wall Street Journal, Connecticut newspaper The Day, and Self-Improvement), and on TV (Parenting Powers and Restoring Health Holistically). Visit [www.thebrainlady.com](http://www.thebrainlady.com) for more information. Foreword writer Lara Honos-Webb, PhD, is a worldwide attention deficit disorder (ADD) expert, and offers ADD coaching. She is a clinical psychologist and author of The Gift of ADHD, The Gift of ADHD Activity Book, The Gift of Adult ADD, The ADHD Workbook for Teens, and Listening to Depression. She has published more than twenty-five scholarly articles. Learn more about her work at [www.addisagift.com](http://www.addisagift.com).

This book starts with three letters, one each to teens, parents, and professionals. It is just as the title says, it is a workbook to help teens with ADHD to be mindful in all areas of their lives. I honestly think that it is a wonderful workbook for any tween and teen, not just those with ADD/ ADHD, but for any tween and teen to help them keep on task. This book talks on many ways of organizing life that many tween and teen’s don’t have as they grow into adulthood because

schools don't teach it, and most adults do not have the time honestly (which is sad but true) My daughter is ADHD and I could see her wanting to do this on her own honestly because she wants to control herself but does not know how. I am going to work with her this summer through this book so when she goes into 6th this fall she can go in with a clear mind and ready for what is to come.

This is a great book for professionals teens and parents. The way it is sectioned makes it easy to use. You can work on whichever sections are most helpful to you. I think parts could be helpful for even younger ages that are experiencing frustration at home and at school due to ADHD . It can be helpful for adults as well . The suggestions are simple and easy to use. Thanks to Net galley for my copy of this book.

The book is a useful resource for adolescents in the contemplative or beyond stages of change. This is given the premise that the activities in the book assume the adolescent is willing to make changes to decrease the symptoms of ADHD. Practitioners will find that although the activities are noted to be for ADHD, many of the activities can be adapted for anxiety, depression, trauma and behavioral difficulties. A great addition to the book is the links to download the audio for meditations or print extra copies of worksheets. I could see using this material individually with a client but also as a topic for a group therapy series

I love this series of books. It helps me share valuable information with clients in a fast paced OP therapy setting.

A wonderful resource that offers wise and straightforward advice for both teens, parents, and professionals. Debra extends the workbook to include commonsensical ways through a variety of exercises for mindfulness to obtained at home, at school, within the teenage self, and within the context of a teenager's social circle. Excellent resource for professionals to use with teenage clients.

As a therapist who works with many people with ADHD, I have a collection of workbooks and Mindfulness for Teens with ADHD is a must buy for teens, families and colleagues. It guides its user in reflecting upon the positive aspects of ADHD, in addition to the challenges. It offers specific suggestions for all the common areas of concern, including links to online downloads of guided meditation recordings and printable supportive tools. It draws upon scientific findings as it offers a

multitude of effective activities and ideas. It is well organized and easy to navigate. I'm sure I will buy more of these, as the years go by.

Debra does a wonderful job simplifying some really helpful and easy to understand ways to cultivate a mindfulness practice for teens with ADHD. As a therapist who specializes working with teens, I am impressed and so excited to start using some of these activities with my teens!

I'm a licensed therapist and am so happy to have this book as a resource. The research basis for this information is key. Anyone can have a theory or a common-sense approach to what is going to help your teenager, but solid information plus action-step tasks based on what research says is helpful is on a whole other level. And you're going to want to be on this level. The way the book is visually formatted makes it easily digestible. I could turn to any chapter and see the "for you to know" section, followed by a vignette of a teen with an ADHD issue, and a strategy he/she used to improve. Then follows a "for you to do" section, which details each step to do to implement the strategy. There are questions with spaces to write in to help your teen reflect or set goals. Included in the strategies are Cognitive-Behavioral, Organizational, and Mindfulness. Each category of strategies is going to be helpful. I especially appreciate the Mindfulness category, because, as the author points out, brain science research is increasingly informing our strategies as therapists. The bottom line is that science has proven that you can change your brain through consistently practicing mindfulness, which sets you up to work smarter, not harder. There are even links in the book to audio versions of the meditations and mindfulness exercises, to further simplify the process. I'm excited that this resource is available to me and my clients. The information is going to help build tangible skills for addressing issues related to ADHD, while introducing mindfulness in a consumable manner, and at the same time help teens accept, instead of fight, that they need help in some areas. Bonus: you don't have to have ADHD to benefit from this workbook. The planning, organizational, and mindfulness tools can be helpful to most of us!

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