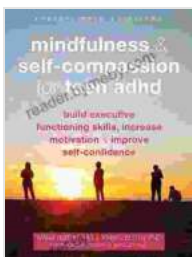


Mindfulness and Self-Compassion for Teen ADHD: A Guide to Overcoming Challenges and Building Success

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects millions of children and adolescents. Teens with ADHD often struggle with attention, focus, and impulsivity, which can make it difficult for them to succeed in school, at home, and in social situations.



Mindfulness and Self-Compassion for Teen ADHD: Build Executive Functioning Skills, Increase Motivation, and Improve Self-Confidence (The Instant Help Solutions Series) by Pat Harvey

★★★★☆ 4.7 out of 5

Language : English
File size : 6006 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 182 pages



Mindfulness and self-compassion are two powerful tools that can help teens with ADHD overcome these challenges and build success.

Mindfulness is the practice of paying attention to the present moment without judgment. Self-compassion is the practice of treating oneself with kindness and understanding.

When teens with ADHD learn to practice mindfulness and self-compassion, they can:

- Improve their attention and focus
- Reduce their impulsivity
- Manage their emotions
- Build their self-esteem
- Improve their relationships with others

Mindfulness and Self-Compassion for Teen ADHD is a book that teaches teens with ADHD how to use these powerful tools to overcome challenges and build success. The book is written by a clinical psychologist who has worked with teens with ADHD for over 20 years.

The book is divided into four parts:

1. Part 1: Understanding ADHD

In this part, teens will learn about ADHD, its symptoms, and how it affects their lives.

2. Part 2: Mindfulness for Teen ADHD

In this part, teens will learn how to practice mindfulness, and how mindfulness can help them improve their attention, focus, and impulsivity.

3. Part 3: Self-Compassion for Teen ADHD

In this part, teens will learn how to practice self-compassion, and how self-compassion can help them build their self-esteem and improve their relationships with others.

4. **Part 4: Putting It All Together**

In this part, teens will learn how to put mindfulness and self-compassion into practice in their daily lives.

Mindfulness and Self-Compassion for Teen ADHD is an essential resource for teens with ADHD who are looking to overcome challenges and build success. The book is full of practical exercises and tips that teens can use to improve their attention, focus, impulsivity, and self-esteem.

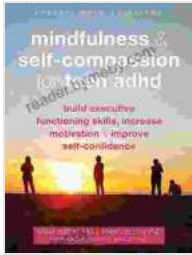
If you are a teen with ADHD, or if you know a teen with ADHD, I encourage you to read this book. Mindfulness and self-compassion can help teens with ADHD overcome challenges and build success in all areas of their lives.

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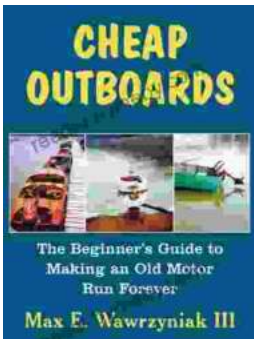
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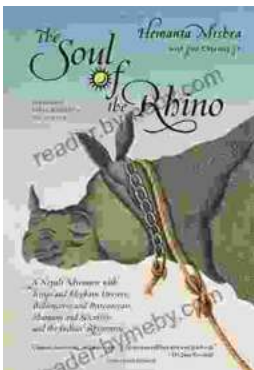


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