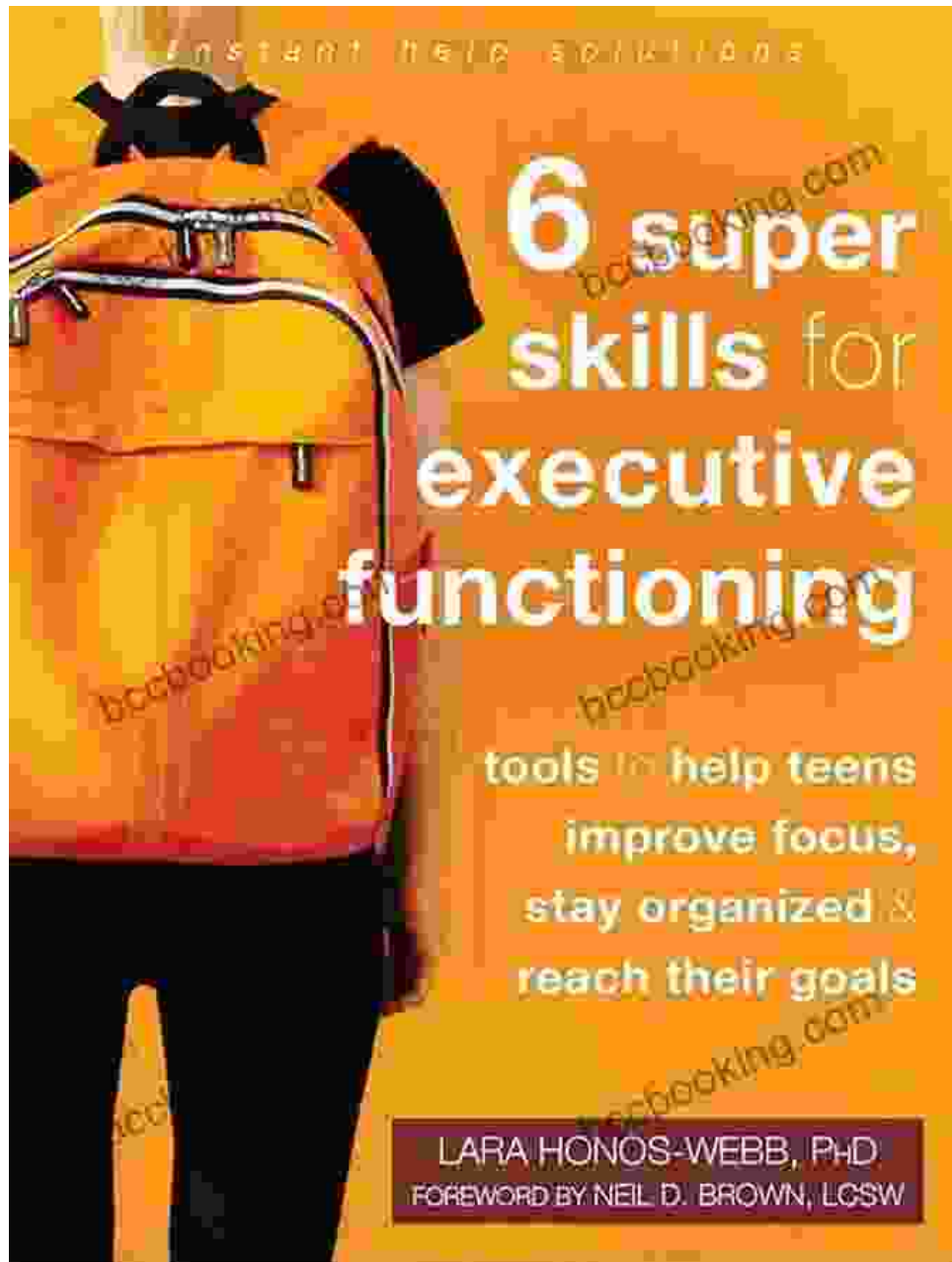


Unlock the Power of Executive Functioning: A Comprehensive Guide for Parents and Educators

Discover the 6 Super Skills and Transform Lives





Six Super Skills for Executive Functioning: Tools to Help Teens Improve Focus, Stay Organized, and Reach Their Goals (The Instant Help Solutions Series)

by Steven H. Strogatz

★★★★☆ 4.3 out of 5

Language : English
File size : 1894 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 150 pages
Screen Reader : Supported



In today's fast-paced and demanding world, executive functioning skills are more critical than ever for success in school, work, and life. These essential cognitive abilities allow us to plan, organize, remember, focus, and control our emotions. For individuals with executive functioning challenges, everyday tasks can be overwhelming and frustrating.

Drawing on years of research and practical experience, the groundbreaking book "Six Super Skills for Executive Functioning" provides a comprehensive guide to help parents, educators, and therapists understand and support the development of these crucial skills.

The 6 Super Skills

- **Working Memory:** Holds information in mind for short periods of time, allowing for complex reasoning and problem-solving.

- **Attention:** The ability to focus and sustain attention, block out distractions, and process information.
- **Self-Control:** Regulating emotions, impulses, and behaviors, responding appropriately in challenging situations.
- **Emotional Regulation:** Managing emotions effectively, understanding and responding to the emotions of others.
- **Metacognition:** Thinking about thinking, self-awareness, and self-evaluation.
- **Planning and Problem-Solving:** Breaking down tasks, setting goals, considering multiple solutions, and making informed decisions.

Practical Strategies and Examples

"Six Super Skills for Executive Functioning" is packed with practical strategies and real-world examples to help you support individuals in developing these essential abilities. You'll learn how to:

- Use visual aids and checklists to enhance working memory.
- Implement attention-training games and exercises to improve focus.
- Encourage role-playing and social stories to teach self-control.
- Foster emotional intelligence through discussions and activities.
- Promote metacognitive skills through reflective journaling and self-monitoring.
- Break down complex tasks into manageable steps.

Transformative Results

By developing the 6 super skills for executive functioning, individuals can unlock their potential, overcome challenges, and thrive in all aspects of life. This book provides the essential roadmap for parents, educators, and therapists to empower individuals with the tools they need to succeed.

Free Download Your Copy Today!

Available now at Our Book Library, Barnes & Noble, and other major retailers, "Six Super Skills for Executive Functioning" is an indispensable resource for anyone looking to support individuals in achieving their full potential. Free Download your copy today and embark on the transformative journey to unlock the power of executive functioning.



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