

SMART *but* SCATTERED —and Stalled

10 Steps
to Help Young Adults
Use Their Executive Skills
to Set Goals, Make a Plan, and
Successfully Leave the Nest

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Richard Guare and

Smart but Scattered--and Stalled: 10 Steps to Help Young Adults Use Their Executive Skills to Set Goals, Make a Plan, and Successfully Leave the Nest



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Whether you' Providing a fresh perspective on the sources of failure to release, the expert authors present a 10-step plan that helps grown children and parents interact to achieve liftoff.re a young adult who's stalled on the journey to independence--or a concerned mother or father still sharing the family nest--this compassionate publication is for you personally. Vivid stories of additional families navigating the same issues (including father and child Richard and Colin Guare) reveal the type of parental support is definitely productive--and when to release. You get downloadable useful tools for determining what areas to focus on, building abilities, identifying a desired profession route, and making a customized action plan. Learn why brain-structured executive skills such as planning, organization, and period management are so important to success, and what you can do to strengthen them.



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