

Executive Function

Difficulties in Adults



100 WAYS TO HELP YOUR CLIENTS
LIVE PRODUCTIVE AND HAPPY LIVES

Stephanie Moulton Sarkis, PhD

author of the bestselling *10 Simple Solutions to Adult ADD*

Stephanie Moulton Sarkis

Executive Function Difficulties in Adults: 100 Ways to Help Your Clients Live Productive and Happy Lives



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Executive function difficulties might not disappear completely with age- and inside you'll find 52 worksheets, 40 handouts, and a large number of ideas to make day-to-day living much easier and more effective for adults. Stephanie Sarkis, this original reference includes: - Proven cognitive-behavioral strategies - Exercises to boost short-term memory, corporation and focus - Ways to enhance communication and cultural skills - Easy-to-follow instructions for mindfulness meditation- Effective accommodations for the place of work and collegeWritten by executive function and ADHD professional, Dr.



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Great Defines sun and rain of Executive Work better than any Online resource I can find Five Stars Great practical ideas and explanations to use as an operating Speech Therapist with individuals in tx. Not helpful I wanted to enjoy it but it's had not been useful or helpful. To simplistic and diviated from the main topics executive functioning greatly. I've used activity/assessment concepts and client handouts for both kids and adults.Very useful As an occupational therapist employed in both pediatric and adult outpatient configurations I look for this to become a very helpful resource.



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