



Smart But Stuck: Emotions in Teens and Adults with ADHD

Thomas E. Brown

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Smart But Stuck: Emotions in Teens and Adults with ADHD Thomas E. Brown **Compelling stories that present a new view of ADHD**

Smart but Stuck offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships.

- The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD
- Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD

Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

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