



# The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence

By Lara Honos-Webb PhD

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## The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence By Lara Honos-Webb PhD

### Focus on Your Strengths and Overcome ADHD

Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time—during class, when you're listening to a friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In **The ADHD Workbook for Teens**, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start.

This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with.

- Learn how to calm yourself down when you feel hyperactive or impulsive
- Develop plans for meeting the goals that matter to you most
- Get your life under control and organize your schedule
- Improve your social life by becoming a better listener and friend

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*By Lara Honos-Webb PhD*

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### Editorial Review

#### Review

Lara Honos-Webb's book contains forty activities for helping teenagers with ADHD thrive and excel at home, in social situations, and at school. **The ADHD Workbook for Teens** is an essential guide that will help teens with ADHD have successful lives.

—Stephanie Moulton Sarkis, Ph.D., NCC, LMHC, author of **10 Simple Solutions to Adult ADD, Making the Grade with ADD, ADD and Your Money**, and **Adult ADD**

This thought-provoking workbook offers teens confidence, reassurance, motivation, and insight. Thank you, Lara Honos-Webb, for letting teenagers know that ADHD is a gift that is full of opportunities. It's a message teens with ADHD deserve.

—Robin Goldstein, Ph.D., faculty member at Johns Hopkins University and author of *The New Baby Answer Book*

#### About the Author

Lara Honos-Webb, Ph.D., is a licensed clinical psychologist in private practice in Walnut Creek, CA. She is author of **The Gift of ADHD, The Gift of ADHD Activity Book, Listening to Depression**, and more than twenty-five scholarly articles. Her work has been featured in Newsweek, the Wall Street Journal, Publisher's Weekly, and many newspapers across the country. She has appeared on national radio and television programs. Honos-Webb specializes in the treatment of ADHD, depression, and the psychology of pregnancy and motherhood and speaks regularly on these topics. She completed a two-year postdoctoral research fellowship at the University of California, San Francisco, and has been an assistant professor teaching graduate students. For more information about Honos-Webb and her work, please visit [visionarysoul.com](http://visionarysoul.com).

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**Jacob Smith:**

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