



Smart But Stuck: Emotions in Teens and Adults with ADHD

By Thomas E. Brown

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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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Editorial Review

From the Inside Flap

Smart but Stuck offers a series of true stories about intelligent, capable teens and adults who have gotten “stuck” at school or work, or in social relationships because of their ADHD. These moving and sometimes surprising case histories illustrate the many facets of the disorder and detail strategies and treatments those with ADHD can use to get “unstuck.”

In these pages you’ll meet ...

- **Sue**, who earned good grades until middle school, then lost motivation for schoolwork. Now in 9th grade, she’s frustrating teachers and family while losing hope for herself.
- **Mike**, a college student who recently found himself on academic probation. His dad has always told him he’s smart but just lazy, and now he’s starting to believe it.
- **Steve**, a computer programmer whose ADHD struggles have led to him losing his job—and his wife. He’s good at programming computers, but not at programming himself.
- **Sarah**, who’s had trouble keeping track of things and getting work done since she hit menopause. She never had such a hard time when she was younger.

Dr. Thomas Brown, an internationally known authority on ADHD, highlights the often-unrecognized role that emotions play in this complex disorder. And it’s not just negative emotions. As Brown shows, those with ADHD also have a hard time managing *positive* emotions about certain interests and activities, making it hard for them to shift gears and pay attention to immediate needs and responsibilities. Brown offers an updated view of ADHD and explains why even very bright people with ADHD can get stuck, struggling to motivate themselves for important tasks. He demonstrates why many with ADHD can have laser-like focus for some tasks while finding it difficult to concentrate on others. Above all, Brown details paths that people with ADHD can take to move on toward a more rewarding and productive life.

From the Back Cover

Praise for *Smart but Stuck*

“No matter where you are in your journey to success, if you have ADHD, this book will help to speed you on your way. I could not recommend it more highly.”

—**Edward (Ned) Hallowell, MD**, author, *Driven to Distraction* and *Delivered from Distraction*

“Clearly written, rich in detail, and full of helpful advice, this book will be beneficial to anyone with ADHD and to those who struggle to live with, understand, and help them.”

—**Russell A. Barkley, PhD**, clinical professor, Psychiatry and Pediatrics, Medical University of South Carolina; author, *Taking Charge of ADHD* and *Taking Charge of Adult ADHD*

“This book, reflecting Dr. Brown’s 35 years of clinical practice combined with the latest findings from affective neuroscience, is a must-read for anyone who is interested in ADHD.”

—**James J. Gross, PhD**, professor, psychology, Stanford University; editor, *Handbook of Emotion Regulation*

“Dr. Brown introduces a forgotten piece in the life of those suffering from ADHD—the role of emotions.”
—**Luis Augusto Rohde, MD, PhD**, president, World Federation of ADHD; professor, psychiatry, Federal University of Rio Grande do Sul, Brazil

“These engaging vignettes vividly bring to life emotional difficulties that, even for very intelligent teens and adults, can lead to frustration and failure in efforts to overcome their deficits in attention, organization, and motivation.”

—**Mina K. Dulcan, MD**, professor, Psychiatry, Behavioral Sciences and Pediatrics, Ann & Robert H. Lurie Children’s Hospital of Chicago and Northwestern University Feinberg School of Medicine

About the Author

THOMAS E. BROWN, PhD, is a clinical psychologist, assistant clinical professor of psychiatry at Yale University School of Medicine, and associate director of the Yale Clinic for Attention and Related Disorders. He is the author of several books including the award-winning *Attention Deficit Disorder: The Unfocused Mind in Children and Adults* (Yale University Press, 2005), which has been published in seven languages. Visit him at www.drthomasebrown.com.

Users Review

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Anthony Vice:

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Ida Acord:

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