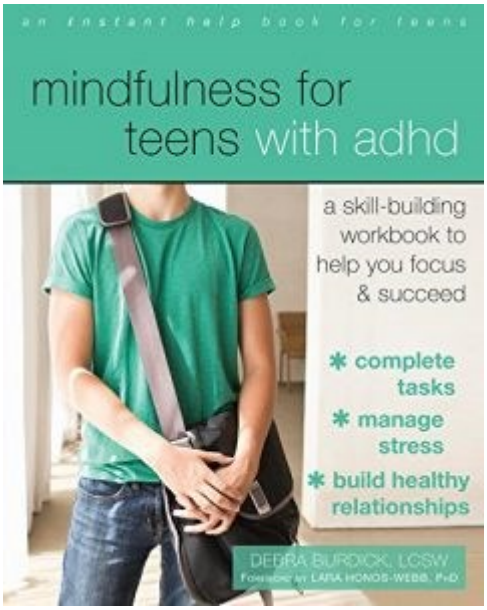
# Mindfulness for Teens with ADHD

## Book Fact Sheet




**Author:** **Debra Burdick, LCSW,** also known as 'The Brain Lady', is an international expert on Mindfulness and ADHD, an award-winning #1 best-selling author, licensed clinical social worker, formerly board-certified Neurofeedback practitioner, and online expert at SelfGrowth.com.

Deb retired from private practice to slow down and focus on writing and speaking. Her personal mission is to experience contentment and joy and hopes that her books, meditations, and training will help others do the same. She has been a frequent speaker for PESI and other organizations, teaching workshops on ADHD as well as Mindfulness Skills to psychotherapists, teachers and other helping professionals, nationally. She also teaches workshops to local organizations titled Mindfulness Skills to De-Stress as well as Radical Self-Care When You Are Ill. Deb created the skills in this book to help her daughter and clients thrive with ADHD.

**Book Synopsis:** Being a teen is tough enough, but if you have attention deficit/hyperactivity disorder
(ADHD) you may feel like you have to work extra hard to pay attention in school, stay on top of homework, make and keep friends, and reach your goals. You may even have trouble sleeping and eating well. Talk about stressful! So, how can you start feeling less stressed out and more focused and confident?

Mindfulness for Teens with ADHD offers powerful mindfulness skills to help you succeed in all areas of life—at home, in school, with friends, and beyond! These easy skills and exercises will help you make smart decisions, complete tasks, do better in school, get enough sleep, manage stress, and so much more! By paying attention to the moment, you'll find yourself less distracted and better able to focus on what's going on right now—whether it's a math test, a job interview, or a conversation with a friend. So, what are you waiting for? Your life is waiting! stop stressing, get focused & start reaching your goals!

"Mindfulness for Teens with ADHD nails it! Any teen—indeed, any person—who has ADHD can gain enormously by using this practical, reader-friendly, immensely valuable workbook."
—EDWARD HALLOWELL, MD, coauthor of Driven to Distraction

| | |
|---|---|
| **ISBN** | ISBN 978-1-62625-625-5 |
| **Categories** | Teen and Young Adult Non-fiction with Disabilities, Teen and Young Adult Mind, Body and Spirit, Anxiety |
| **Publication Date** | April 2017 |
| **Size** | 8" x 9.75" |
| **Binding** | Perfect Binding, 152 pages |
| **Price** | $19.25 paperback, $19.55 Kindle |
| **Publisher** | New Harbinger Publications |
| **Author web site** | www.TheBrainlady.com |
| **Purchase** | Mindfulness for Teens with ADHD |

Her books include:

- Mindfulness for Kids with ADHD
- Mindfulness for Teens with ADHD
- ADHD: Non-medication Treatments and Skills for Children and Teens (Benjamin Franklin GOLD winner in psychology)
- Mindfulness Skills Workbook for Clinicians and Clients
- Mindfulness Skills for Kids and Teens
- Radical Self-Care When You Are Ill

Her card decks include:

- Mindfulness Skills for Kids Card Deck and 3 Card Games
- Radical Self-Care When You Are Ill Digital Card Deck

Her CDs help with ADHD, sleep, and mindfulness.

- Mindfulness Toolkit
- Mindfulness Toolkit for Kids
- Meditations for Concentration
- Meditation for Sleep

Her online trainings include:

- Mindfulness – the Basics and Beyond
- Transforming Stress