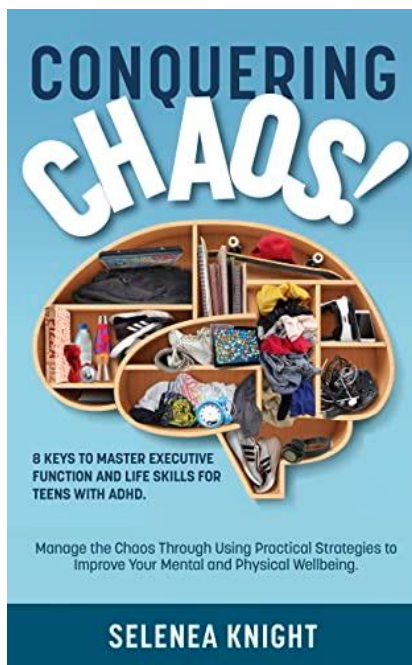


DEPRESSION IS THE PITS, BUT I'M GETTING BETTER

A GUIDE FOR ADOLESCENTS BY E. JANE GARLAND, M.D.

- How do I know if I'm depressed?
- I feel sick. How can this be in my mind?
- How do I get out of the pits?
- Is this a phase I'll get over?

Clinical depression can strike at any age. When it happens during adolescence—a confusing time under the best of circumstances—it can be especially baffling and heart-wrenching for both the young person and his or her parents. And to make matters worse, sometimes finding the right help can be difficult. This book, written especially for teens, is packed with the practical information and the reassurance necessary for



CONQUERING CHAOS!

8 KEYS TO MASTER EXECUTIVE FUNCTION AND LIFE SKILLS FOR TEENS WITH ADHD: Manage The Chaos Through Using Practical Strategies To Improve Your Mental And Physical Wellbeing.” By Selene Knight

Stop being hard on yourself and start embracing your uniqueness... so you can enjoy your teenage years to the fullest.

Have you always struggled with procrastination, getting your tasks organized, or meeting deadlines?

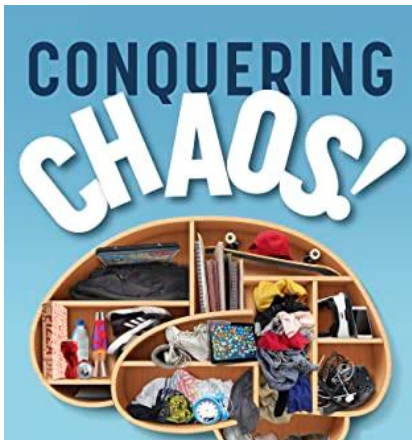
Do you often find yourself feeling intensely restless and fidgety while spending long hours in the classroom or doing lengthy homework?

How many times have you regretted blurting out answers to questions or making inappropriate comments without thinking about them first?

It's time to stop blaming yourself for not feeling and behaving like others. The truth is, it's not you – it's ADHD or EFD.

Those with ADHD, or attention deficit hyperactivity disorder, and EFD, or executive function deficit, are considered neurodivergent. This means that your brain works differently from what is considered typical.





It also explains why the grueling challenges of adolescence – such as hormonal and physical changes, peer pressure, increasing academic expectations, and a highly digital environment – appear to be extremely magnified in your case.

Sadly, there is no cure for ADHD or EFD... but it doesn't mean you are a hopeless case. There are plenty of ways to retrain your brain so you can manage your symptoms better, cope with daily struggles, and improve your quality of life.

This book will tell you exactly what you need to know to foster your strengths, nurture your areas of competency, and pave your path to success, despite having ADHD or EFD.

Inside, here is just a small fraction of what you will discover:

- A deep dive into ADHD and EFD – find out exactly what happens inside your brain, so you'll learn how to properly deal with your condition
- How to practice mindfulness – uncover techniques on how to stay calm through your internal chaos
- 8 simple and practical self-care strategies that will help you avoid being emotionally, mentally, and physically drained by ADHD or EFD
- What "emotional regulation" is and why it is crucial in your goal to take back control of your thoughts and emotions
- A complete guide to navigating your biggest hurdles – from organization and time management, to solving problems and completing tasks
- Why social media can be toxic to those with ADHD or EFD and how you can effectively unplug before it's too late
- 12 fool-proof ways to stay on top of your schoolwork... and set yourself up for academic success
- And much more.

Chances are, you may have felt misunderstood by others... you may even have been the brunt of hurtful words. But here's what you have to keep in mind: ADHD or EFD is a condition you have, it's not who you are.

Overcoming ADHD or EFD is definitely not easy – it's a process that needs a complete shift in mindset in order to usher in your desired results.

But once you've learned how to take control of your condition – instead of the other way around – you'll know that all your hard work is worth it.

And you'll enjoy a healthy, productive, and successful life in the years to come.

For more information contact an organization in Europe <https://adhdeurope.eu/about/members/>

