

# ADDITUDE

Strategies and Support for ADHD & LD

**RACING BRAINS** ★  
**A Simple Sleep Formula** ★



## The Science of ADHD Emotions

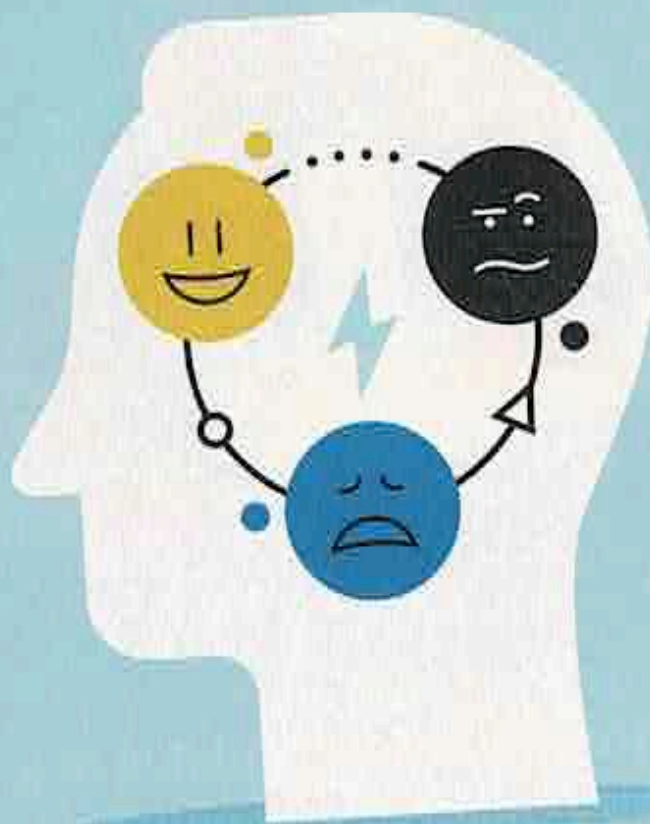
### 5 STEPS TO BEHAVIOR BREAKTHROUGHS

A SURVIVAL GUIDE FOR PARENTS WITH ADHD

HOW TO UNLOCK MOTIVATION

plus

- > WHEN HYPERACTIVITY IS TRAPPED INSIDE
- > 9 COMMON WAYS IEPs FALL APART



- Why You Feel So Deeply
- The Neurology of Lying
- Early Signs of Emotional Dysregulation

\$6.95 U.S. / \$9.50 Canada  
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**MORE**

How to heal early wounds of criticism | How to scaffold independence for your teen

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## hyperfocus

### SOLUTIONS WE LOVE

#### Apps for Time-Blind Teens (and Their Parents)

My top 5 apps to improve time management, focus, and productivity. **BY LESLIE JOSEL, ADHD & PARENT COACH**

##### RescueTime

>Free Trial; \$6.50+/month



This time-tracking app analyzes *everything* you do in a day—exposing which apps and websites you use, and for how many minutes (or hours) daily. (No hiding your time-management habits here!) To eliminate distractions and get work done faster, use this app to temporarily block websites that break your focus.

##### Remember the Milk

>Free Basic Version;

\$39.99/year for Pro Version



This app takes a lean and fast approach to task management. You just add your tasks in plain text, organize them into lists, and you're done. Upon loading, the app displays the tasks you need to do today and tomorrow, as well as any that are overdue. It also includes due dates and priorities to make clear your most important responsibilities, and it syncs with all devices.

##### SimpleMind

>Free Basic Version;

\$9.95 for Pro Version



SimpleMind helps you organize your thoughts by creating mind maps, which can be

seamlessly synchronized across multiple platforms and shared with others. It allows you to add photos, videos, and even voice recordings to customizable mind maps with different layouts.

##### myHomework Student Planner

>Free Basic Version;

\$4.99/year for Pro Version



Most electronic planner apps are clunky or hard to use, which is why I prefer a paper planner. For those who insist on electronic planners, I recommend this one because it offers a calendar to track assignments, exams, and important dates, as well as a homework widget that syncs assignments and sends due date reminders.

##### Brain.fm

>Free Trial; \$6.99/month



The Brain.fm app uses an idea called dynamic attending theory, which suggests that certain rhythms and tone patterns can help your brain focus. Just open the app and tap on the listening mode you want, and music starts playing. Options include focus, sleep, recharge, and meditation. Focus mode is great for when you're trying to get and stay in the zone. My students swear by it.