



# **No Mind Left Behind: Understanding and Fostering Executive Control--The Eight Essential Brain Skills Every Child Needs to Thrive**

*Adam J. Cox*

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**From the cutting edge of brain science, eight crucial skills for children's future success?now in paperback.**

From a clinical psychologist who has devoted his clinical and research work to the study of executive control skills, here is a program for helping children master the eight essential cognitive skills that are critical for success in life in work:

? Taking initiative ? Screening out distractions

? Organizing ? Thinking flexibly

? Planning ? Regulating emotions

? Self-monitoring ? Using memory effectively

Using case studies and anecdotes, Dr. Cox presents a comprehensive and practical plan for parents. The book addresses special-needs children as well as neurotypical children, and includes practical suggestions for parents and educators.

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