

## Executive Functions: What They Are, How They Work, and Why They Evolved (Hardback) -Common

By (author) Russell A. Barkley



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This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF that is rooted in meaningful activities of daily life. He describes how abilities such as emotion regulation, self-motivation, planning, and working memory enable

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