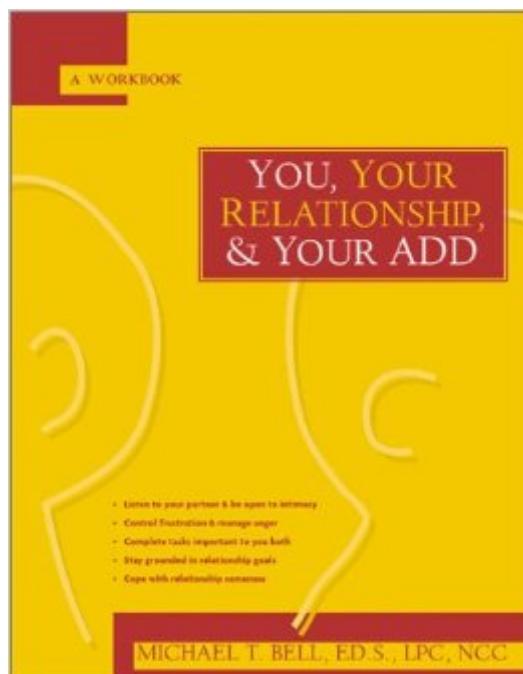


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# You, Your Relationship & Your ADD: A Workbook



## **Synopsis**

An engaging workbook from a therapist who suffers from adult ADD helps readers change impulsive and frustrating behaviors and learn new skills to help them build lasting and satisfying intimate relationships. Millions of adult meet the diagnostic criteria for Attention Deficit Disorder. When they get involved in committed relationships, the kind of spontaneity that originally made them attractive to their partners often starts to feel frustrating and undependable as relationships progress and the ADD adult's irritability and poor communication skills start to put a strain on their partner's patience. ADD adults are often bewildered by their inability to manage their romantic relationships and devastated by a long history of failed attempts. Psychotherapist Michael Bell understands how they feel, both from his professional background treating clients with adult ADD and from his own life experience of learning how to cope with the disorder. In You, Your Relationship, and Your ADD, Bell brings together an array of cognitive-behavioral and solution-focused techniques to teach readers how to stop avoiding the problems that sabotage their relationships, face the intimacy issues that frustrate their partners, and begin to do the work they need to do to build a lasting relationship. His clear and concise workbook offers exercises that keep readers involved and give them a chance to learn the skills they need to learn in order to control frustrations, and really begin to listen to their partner.

## **Book Information**

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## **Customer Reviews**

If I were someone who regularly diagnosed adults with ADHD, I would order cases of this workbook

and give them out to everyone who was newly diagnosed. I remember when I was newly diagnosed, I had no idea how broadly ADHD affected my life--including my relationship with my husband. Most of the ADHD books out there seem to claim to be "ADHD-friendly"; usually this means that the author anticipates that readers will read a bit at a time. This book actually IS ADHD-friendly, because the entire structure of the book is based on getting readers the information that will be most beneficial to them. The whole workbook is straightforward and to the point. The first chapter is titled "Getting All You Can From This Book", and it briefly summarizes each of the chapters and encourages the ADHD reader (and the non-ADHD partner!) to rate how useful particular topics sound. The author has several chapters that he thinks are for everyone, but then readers are encouraged to skip around or skim and use relevant portions. The actual chapters are each pretty short, so it's easy to work through this gradually without losing anything. Most of the chapters have a basic discussion of how the issue applies to adults with ADHD and why it matters, sometimes there is a relevant story and/or tips for how to deal with that issue, and then there are exercises (questions with space for you to answer). The author is a psychotherapist, but he also has ADHD, so he does include very relevant information. Throughout the workbook, you almost feel like he is a friend who can relate, because he opens up and shares many of his own experiences. I felt like the author was very likeable. Although this book is called "The ADHD Marriage Workbook," it really isn't only about marriage.

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