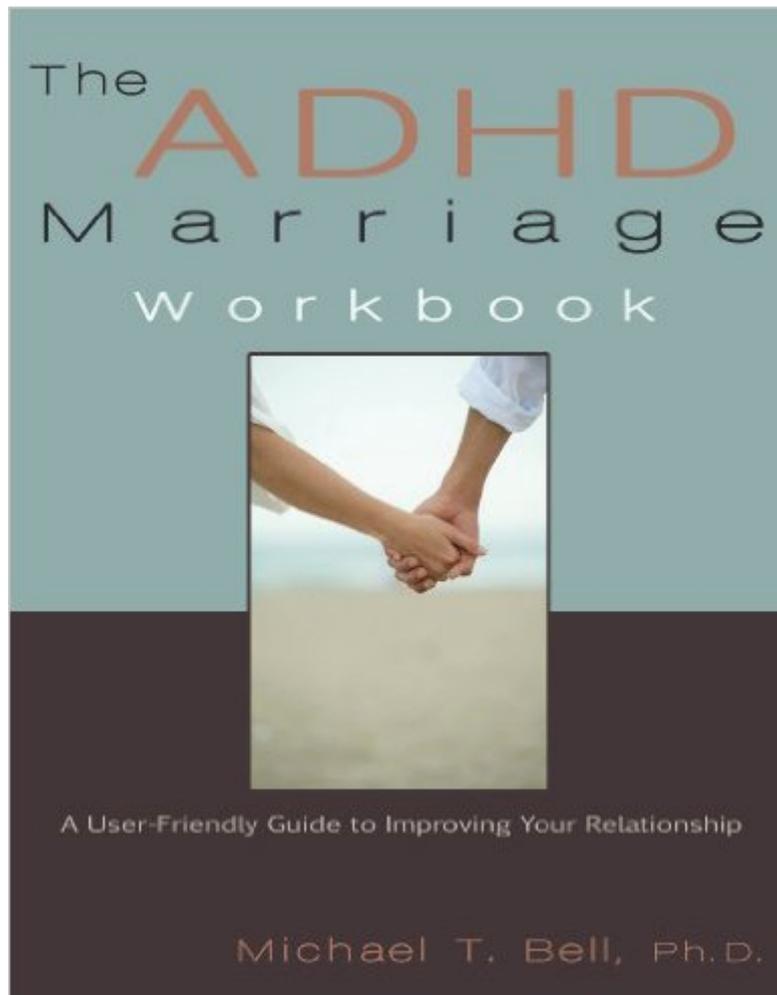


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# The ADHD Marriage Workbook: A User-Friendly Guide To Improving Your Relationship



## Synopsis

Michael T. Bell, Ph.D has been working with couples affected by ADHD since 1999. He also has ADHD himself. In *The ADHD Marriage Workbook*, he draws from his own successful problem-solving as an ADHD adult and husband. "A very useful book for professionals and consumers! The many exercises that are included in this book permits couples to tackle their joint concerns in a planful, systematic manner . . . I highly recommend this book to couples who are willing to take a serious look at their behavioral patterns and to develop a plan of corrective action!" Mickey DeCarr, LPC (Staunton, VA) "An excellent resource for couples. This workbook is full of helpful strategies that will enable intimate partners understand and negotiate the confusion . . . highly recommended!" William F. Wilson, Licensed Professional Counselor/Psychotherapist (Ashburn, VA) "The author has ADD himself and offers very helpful and sound advice in an ADD-friendly format . . . This workbook has been indispensable in helping repair my relationship." Randy A. Bruns (Mukwonago, WI) Stop the frustrations... get organized... and get the love back! Reawaken new love, appreciation, and respect with *The ADHD Marriage Workbook*. Your relationship will benefit dramatically when the ADHD spouse redirects the energy and spontaneity back into your marriage... and the non-ADHD spouse receives the love, consideration, and understanding that's been missing. Broken up into short, practical exercises (appropriate for any attention span), this is immediate help and healing that will transform your relationship forever. "Full of great tools and exercises to help both the ADD and non-ADD partners in their relationship . . . very 'ADD Friendly.'" Tara McGillicuddy (South Shore, MA) Get the advice that will bring healing to your marriage, from an expert who made the changes in his own life. *The ADHD Marriage Workbook* is your practical and compassionate guide to new sanity and happiness in marriage. Buy it now! This book was formerly published as *You, Your Relationship, and Your ADD*.

## 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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