

[PDF] The ADHD Effect On Marriage: Understand And Rebuild Your Relationship In Six Steps

Melissa Orlov - pdf download free book



Books Details:

Title: The ADHD Effect on Marriage:

Author: Melissa Orlov

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Description:

Awarded "Best Psychology Book of 2010" by ForeWord Reviews, this book is an invaluable resource for couples in which one of the partners suffers from Attention Deficit Hyperactivity Disorder

(ADHD). It authoritatively guides couples in troubled marriages towards an understanding and appreciation for the struggles and triumphs of a relationship affected by ADHD, and to look at the disorder in a more positive and less disruptive way. Going beyond traditional marriage counseling which can often discount the influence of ADHD, this straight-forward discussion offers advice from the author's personal experience and years of research and identifies patterns of behavior that can hurt marriages —such as nagging, intimacy problems, sudden anger, and memory issues —through the use of vignettes and descriptions of actual couples and their ADHD struggles and solutions. This resource encourages both spouses to become active partners in improving their relationship and healing the fissures that ADHD can cause. Also included are worksheets and various methods for difficult conversations so that couples can find a technique that fits their unique relationship and improve their communication skills.

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