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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 When they get involved in committed relationships, the kind of spontaneity that originally made them attractive to their partners often starts to feel frustrating and undependable as relationships progress and the ADD adult's irritability and poor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

For millions of adult American with ADD, maintaining lasting relationships can be a bewildering

process. In this solution-focused new workbook, an ADD specialist with the disorder uses specially designed exercises and a clear and concise format to keep readers involved in addressing the problems that sabotage their relationships, facing the intimacy issues that frustrate their partners, and doing the work necessary to sustain a commitment. Readers also learn to control frustrations, manage anger, cope with the danger of boredom in a long-term relationship and begin to listen to their partner.

It's challenging to get a husband with ADHD to actually complete any workbook, but it is helping him see how many areas of his life are affected by ADHD

I bought this to share with clients. It's a hit.

Good read!

I'm someone with ADD (no hyperactivity) married to someone with ADHD. I haven't finished the workbook yet, but I'm finding it very helpful.

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

Michael Bell's book, "You, Your Relationship & Your ADD" is a very well-written workbook that mental health professionals will find to be a useful adjunct to treatment of persons with ADD. In this era of managed care, it is critical to assign homework outside the therapy session in order to gain the most benefit from treatment. This workbook will provide the structure necessary to enhance couple's therapy or for spouses with ADD who are in individual therapy who are interested in focusing on relationship issues. This book will aid couple's in treatment to identify issues in their relationship, prioritize them, and to address these issues in a direct manner to prevent further harm in their marriage as a result of symptoms of ADD. The many exercises that are included in this book permits couples to tackle their joint concerns in a planful, systematic manner, which should prevent them from the common problem involved in undertaking multiple relationship issues simultaneously. 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!

This is an excellent resource for helping married couples gain a new perspective of how ADD affects their relationship. Going through the workbook was like going through the story of my life. I could identify with how my ADD had unknowingly deteriorated my nine-year marriage to the point of separation. The author has ADD himself and offers very helpful and sound advice in an ADD-friendly format. I could relate to just about every situation that is encountered in a relationship and take action. This workbook has been indispensable in helping repair my relationship. This is a must-have book.

This workbook is very helpful and well written.

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