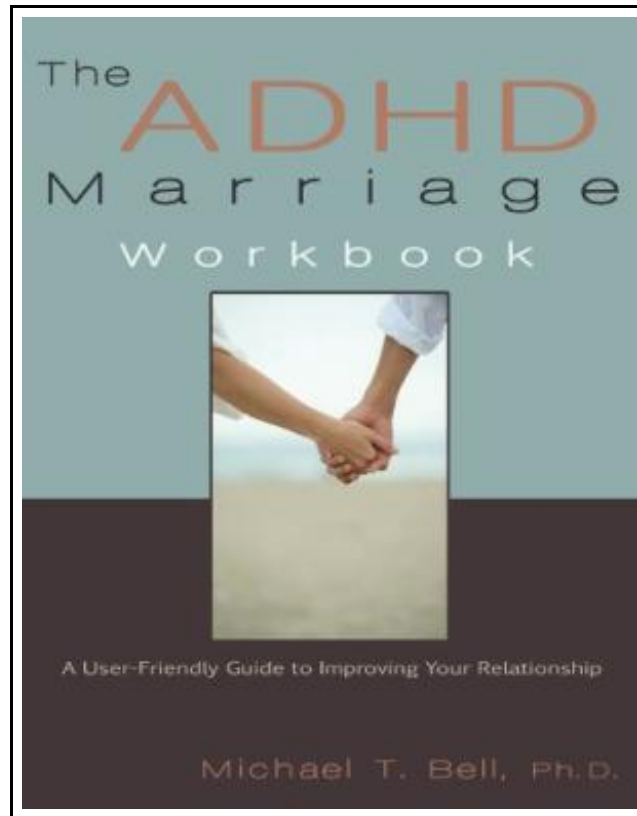


## The ADHD Marriage Workbook: A User-Friendly Guide to Improving Your Relationship



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## THE ADHD MARRIAGE WORKBOOK: A USER-FRIENDLY GUIDE TO IMPROVING YOUR RELATIONSHIP



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Echo Point Books & Media. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 10.9in. x 8.4in. x 0.4in. 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 playful, 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...



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