

The Adhd Effect Marriage Relationship

Is it You, Me, Or Adult A.D.D.? - Gina Pera 2008

Everyone involved with AD/HD will find the information in this book invaluable, especially people with AD/HD and couples therapists, who often mistake AD/HD for communication problems or personality differences. Meticulously researched and presented with empathy and humor, *Is It You, Me, or Adult A.D.D.?* offers the latest information from top experts, who explain the science and proven protocols for reducing AD/HD's most challenging symptoms. Real-life details come from the partners themselves, who share their stories with touching candor yet plenty of humor.

Summary of Melissa Orlov's The ADHD Effect on Marriage - Everest Media, 2022-04-17T22:59:00Z

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Attention deficit disorder no longer exists, as it has been replaced by ADHD. While the information in this book applies to couples in which one spouse has ADHD, it also applies to couples in which both partners have ADHD.

You Mean I'm Not Lazy, Stupid or Crazy?! - Kate Kelly 2006-04-25

An updated edition of the classic self-help book for people with Attention Deficit Disorder! With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference—the first of its kind written for adults with ADD by adults with ADD—focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: -The new medications and their effectiveness -The effects of ADD on human sexuality -The differences between male and female ADD—including falling estrogen levels and its impact on cognitive function -The power of meditation -How to move forward with coaching And the book still includes advice about: -Achieving balance by analyzing one's strengths and weaknesses -Getting along in groups, at work and in intimate and family relationships—including how to decrease discord and chaos -Learning the mechanics and methods for getting organized and improving memory -Seeking professional help, including therapy and medication

Shadow Syndromes - John J. Ratey 1997

John Ratey, the bestselling co-author of "Driven to Distraction", collaborates with the author of "When to Say Goodbye to Your Therapist" on the first book to illuminate the shadow syndromes—mild forms of serious mental disorders that affect the course of our lives.

ADHD Effects On Marriage - Abigail Moore 2020-05-26

This practical book guides unstable relationships towards understanding and acceptance of the challenges and triumphs of the relationship they experience in a more optimistic and less destructive manner. This book is inestimable support for couples who suffer from Attention Deficit hyperactivity disorder (ADHD). This content of this book is based on the personal experience and years of research of the author and identifies behavior patterns that have been affecting marriage-behavioral patterns like nagging, intimacy issues, sudden anger, and memory problems. The major Ten steps discussed in this book are Couples, emotions, and ADHD Confusion about diagnosis and treatment Anger in relationship Navigating chores, tasks and life balance Overwhelmed by chores and parenting Rebalancing your relationship Dealing with denial Jealousy in marriages and relationships How to recreate love and admiration towards your partner Warmth intimacy and feelings of love True love and patience is an option to encourage both spouses to be active partners and to heal the splits caused by ADHD. TO HAVE A COPY OF THIS BEST SELLER BOOK, ALL YOU HAVE TO DO IS TO CLICK ON "BUY NOW".

Your Defiant Teen, First Edition - Russell A. Barkley 2008-02-02

When your teen's rebellious behavior "crosses the line," how can you reestablish your authority without getting caught in a power struggle? Bestselling authors and distinguished psychologists Russell Barkley and Arthur Robin have each spent decades helping parents and kids resolve standoffs and repair their relationships. Now they've distilled their approach into a clinically proven self-help program that can help you

break through to your teen and rebuild trust. Centered around 10 simple steps that lead to better behavior, *Your Defiant Teen* provides practical guidelines for putting an end to the hostilities. You'll learn realistic ways to foster mutual respect, introduce cooperative problem solving, and strengthen family relationships—while giving your teen vital skills for becoming a mature, independent adult.

Adult ADHD-Focused Couple Therapy - Gina Pera 2016-01-08

Since ADHD became a well-known condition, decades ago, much of the research and clinical discourse has focused on youth. In recent years, attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life, including driving safety, financial management, education and employment, and interpersonal difficulties. *Adult ADHD-Focused Couple Therapy* breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship: the intimate couple. With the help of contributors who are experts in their specialties, Pera and Robin provide the clinician with a step-by-step, nuts-and-bolts approach to help couples enhance their relationship and improve domestic cooperation. This comprehensive guide includes psychoeducation, medication guidelines, cognitive interventions, co-parenting techniques, habit change and communication strategies, and ADHD-specific clinical suggestions around sexuality, money, and cyber-addictions. More than twenty detailed case studies provide real-life examples of ways to implement the interventions.

The Five Love Languages - Gary Chapman 2009-12-17

Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called *A Love Language Minute* that can be heard on more than 150 radio stations as well as the weekly syndicated program *Building Relationships with Gary Chapman*, which can both be heard on fivelovelanguages.com. The *Five Love Languages* is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

Cognitive-Behavioural Therapy for ADHD in Adolescents and Adults - Susan Young 2012-04-10

The first edition of this book introduced the Young-Bramham Programme, a pioneering approach to cognitive behavioural treatment for ADHD in adults, which was well-received by clinical and academic communities alike. Based on the latest findings in the field, the authors have expanded the second edition to incorporate treatment strategies not only for adults, but also for adolescents with ADHD. Updates the proven Young-Bramham Programme to be used not only with adults but also with adolescents, who are making the difficult transition from child to adult services New edition of an influential guide to treating ADHD beyond childhood which encompasses the recent growth in scientific knowledge of ADHD along with published treatment guidelines Chapter format provides a general introduction, a description of functional deficits, assessment methods, CBT solutions to the problem, and a template for group delivery

Married to Distraction - Edward M. Hallowell, M.D. 2011-02-08

Are you more distant from your spouse than you'd like to be? Do you or your spouse waste time mindlessly viewing email or surfing the Web? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, and interrupted moments. The good news is that there are straightforward and effective ways to restore communication and connection, resurrect happiness and romance, and

strengthen—even save—a marriage. • Observe the natural sequence of sustaining love: attention, time, connection, and play. • Develop and nurture empathy—the essential building block to healthy communication. • Carve out small moments of uninterrupted attention for each other. • Identify the pressures that our crazybusy lifestyles put on love and marriage, and fight back with tenderness and appreciation. Complete with scripts, tips, communication techniques, and a detailed 30-day reconnection plan, as well as inspiring real-life stories, *Married to Distraction* will set couples on a course of understanding, healing, and love.

Loving Someone With Attention Deficit Disorder - Susan Tschudi 2012-05-03

Your partner's attention deficit disorder (ADD) may not seem like a big deal at first, but eventually, the dynamics surrounding his or her impulsivity, forgetfulness, distractibility, and restlessness can really strain your relationship. You don't want to act like a parent, yet you may feel like you can't rely on your partner to get things done. *Loving Someone with Attention Deficit Disorder* is your guide to navigating a relationship with someone with ADD so you can create healthy boundaries while remaining sympathetic to your partner's symptoms. An essential resource for every couple affected by ADD, this book will help you: • Understand medication and other treatments • Recover quickly when your partner's symptoms frustrate you • Establish personal boundaries to avoid excessive caretaking • Identify and take care of your own needs so you can feel more relaxed

The Distracted Couple - Larry Maucieri PhD 2014-01-23

In total, this volume addresses many of the issues that couples face when either one or both partners has ADHD and the many ways that clinicians can help them in dealing with these issues. Although historically the diagnosis and treatment of ADHD have focused on children, more recently clinicians and researchers have explored the impact of ADHD on adults. Few, however, have focused on the effects of adult ADHD on relationships and marriages, which makes this a must-read for all of those interested in and working with adults with ADHD.

The Truth About Love - Patricia Love 2001-06-05

Offering a revelatory new perspective on loving relationships, the author of "Hot Monogamy" guides readers through the natural stages of love, high and low, and shows how not to break up before the breakthrough. *The ADHD Marriage Workbook: A User-Friendly Guide to Improving Your Relationship* - Michael T. Bell 2012-02

"The ADHD Marriage Workbook: A User-Friendly Guide for Improving Your Romantic Relationship" If you are one of the millions of people with adult attention deficit disorder, you've probably noticed its adverse effects on your romantic relationships. For example, your spontaneity, which was so attractive at the start of your relationship, may later seem like a lack of dependability, straining the patience of your partner. Or maybe your partner is frustrated by your inability to communicate clearly. Or perhaps you suspect that your irritability and lack of interest in your partner's needs are the result of the difficulty you have staying focused. Psychotherapist Michael Bell understands. A professional counselor specializing in adult ADD, Bell has the disorder himself and has designed the skills-building steps in "The ADHD Marriage Workbook" especially for short attention spans. This concise and engaging workbook contains an array of solution-focused techniques that will help you stop avoiding the problems that sabotage your relationships, face the intimacy issues that frustrate your partner, and begin to do the work you need to do to build a happy, lasting love. Michael T. Bell, Ph.D., has been in private mental health practice since 1999, working primarily with adults and children with ADHD spectrum disorders. In "The ADHD Marriage Workbook," he draws on his clinical experience as well as his personal history as an adult with ADD, helping him to develop the most useful and practical exercises. His goal in writing this workbook has been to help couples affected by ADHD spectrum disorders develop fulfilling relationships. Michael currently serves as the director of child, family, and prevention services at Rockbridge Community Services in Lexington, Virginia, and is adjunct professor of psychology at Northern Virginia Community College. He has been married to his wonderful wife, Anita since 1993. They live in Stafford, Virginia, with their two boys, Brady and Brice. "(The ADHD Marriage Workbook was originally published as *You, Your Relationship and Your ADD*)" "

The Couple's Guide to Thriving with ADHD - Melissa Orlov 2014

"More and more often, adults are realizing that the reason they are struggling so much in their relationship is that they are impacted by previously undiagnosed adult ADHD. *The Couple's Guide to Thriving with ADHD* gives concrete answers and strategies to those suffering from

adult ADHD that couples can immediately use to improve their relationships. This book addresses questions from both ADHD and non-ADHD partners and provides straightforward advice arranged in a way that makes it easy to find the specific answers couples seek. It covers topics that include diagnosing adult ADHD, how to begin bringing about changes, communication techniques, dealing with anger and frustration, and rebuilding intimacy in a relationship. Part reference manual and part cheerleader, this is the go-to book for couples struggling with ADHD who want to actively work to improve their relationships"--

The High-Conflict Couple - Alan Fruzzetti 2006-12-03

You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a "high-conflict" couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. *The High-Conflict Couple* adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

The ADHD Effect on Marriage - Melissa Orlov 2010

An invaluable resource for couples in which one of the partners suffers from Attention Deficit Hyperactivity Disorder (ADHD), this authoritative book guides troubled marriages towards an understanding and appreciation for the struggles and triumphs of a relationship affected by it, and to look at the disorder in a more positive and less disruptive way. *ADHD & Us* - Anita Robertson 2020-11-17

Navigating adult ADHD in your relationship—simple, effective strategies to strengthen your commitment Communicating and thriving in a neurodiverse relationship is possible. *ADHD & Us* gives couples the tools and strategies they need to connect as well as overcome the unique challenges they face on the road to long-term happiness and satisfaction. Drawing from Anita Robertson's years of practice counseling couples with ADHD (attention-deficit/hyperactivity disorder), this honest and straightforward guide helps couples better understand adult ADHD and how it affects relationships, while also providing the tools necessary for both partners to feel understood and respected. Learn how to avoid common conflicts, appreciate your differences, and meet each partner's needs. Together, you can make it happen. This relationship guide for people with adult ADHD includes: Five pillars of success—Learn about the five relationship pillars—praise, acknowledgement, games, growth mindset, and positive acceptance—and how they are essential in a successful relationship. A practical approach to adult ADHD—Build communication skills and deepen your connection using engaging exercises that allow both partners to share in safe and constructive ways. Modern and inclusive guidance—With expert advice based on the most-up-to-date understandings of adult ADHD, this book is designed for use in all kinds of relationships. Overcome the challenges of dealing with adult ADHD and thrive together with this simple, actionable guide. *Loving Your Spouse When You Feel Like Walking Away* - Gary Chapman 2018-03-06

What to do when you feel like giving up When you said, "I do," you entered marriage with high hopes, dreaming it would be supremely happy. You never intended it to be miserable. Millions of couples are struggling in desperate marriages. But the story doesn't have to end there. Dr. Gary Chapman writes, "I believe that in every troubled marriage, one or both partners can take positive steps that have the potential for changing the emotional climate in their marriage." *Loving Your Spouse When You Feel Like Walking Away*, the revised and updated edition of the award-winning *Desperate Marriages*, teaches you how to: Recognize and reject the myths that hold you captive Better understand your spouse's behavior Take responsibility for your own thoughts, feelings, and actions Make choices that can have a lasting, positive impact on you and your spouse An experienced marriage and family counselor, Gary Chapman speaks to those whose spouse is any of the following: Irresponsible A workaholic Controlling Uncommunicative

Verbally abusive Physically abusive Sexually abusive Unfaithful Addicted to alcohol or drugs Depressed Marriage has the same potential to be miserable as it does to be blissful. Read *Loving Your Spouse When You Feel Like Walking Away* to learn how you can turn things around.

ADHD After Dark - Ari Tuckman 2019-07-03

This pioneering book explores the impact of ADHD on a couple's sex life and relationship. It explains how a better sex life will benefit your relationship (and vice versa) and why that's especially important for couples with one partner with ADHD. Grounded in innovative research, *ADHD After Dark* draws on data from a survey of over 3000 adults in a couple where one partner has ADHD. Written from the author's unique

perspective as both an expert in ADHD and a certified sex therapist, the book describes the many effects of ADHD on couples' sex lives and happiness, covering areas such as negotiating sexual differences, performance problems, low desire, porn, making time for sex, infidelity, and more. The book outlines key principles for a great sex life for couples with ADHD and offers strategies and treatment interventions where specific issues arise. Written in a readable and entertaining style, *ADHD After Dark* offers clear information on sexuality and relationships and is full of valuable advice on how to improve both. This guide will be an essential read for adults with ADHD, as well as their partners or spouses, and therapists who work with ADHD clients and couples.

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