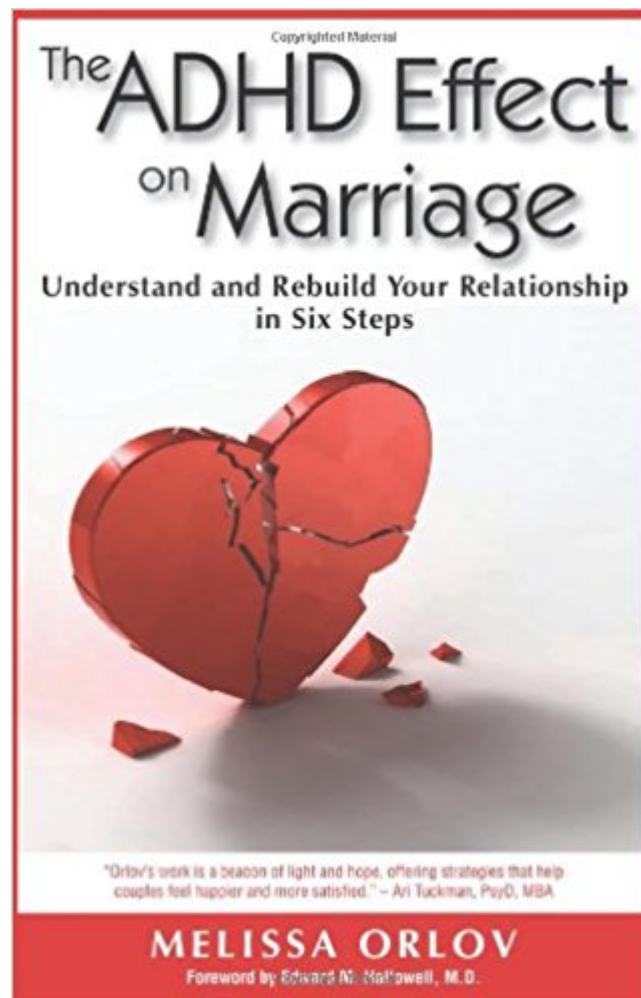




The book was found

# The ADHD Effect On Marriage: Understand And Rebuild Your Relationship In Six Steps



## Synopsis

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.

## Book Information

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## Customer Reviews

"The ADHD Effect is a brilliant compilation of what you can do if you are in a marriage where one or both of you have ADHD. It is a life-saver of a book..." --Dr. Edward Hallowell, co-author of *Driven to Distraction*  
"We adore this book! It's a comprehensive guide to dealing with the impact of ADHD on your marriage without making either partner wrong..." --Kate Kelly and Peggy

Ramundo, authors of *You Mean I'm Not Lazy, Stupid or Crazy?! "On-target, practical, and helpful. [The] straightforward, empathetic prose strikes just the right balance between explaining why things happen and what couples should do in response.~Dr. Edward M. Hallowell, founder, Hallowell Center for Cognitive and Emotional Health~This book is long overdue and much needed!~Nancy Ratey, EdM, MCC, SCAC, author, *The Disorganized Mind~Refreshingly to-the-point, do-able, and compassionate.~Rebecca Shafir, MACCC, author, *The Zen of Listening*"A beacon of light and hope, offering strategies that help couples feel happier and more satisfied." ~Ari Tuckman, PsyD, MBA, author, *More Attention, Less Deficit~An incredibly valuable service to those struggling in a marriage with ADHD."~Kevin Murphy, PhD, coauthor, *ADHD in~Adults: What the Science Says~Ms. Orlov's book provides what many leave out~empathy for both partners."~Sari Solden, MS, LMFT, author, *Journeys Through ADDulthood~Readers will find a wealth of information and support as well as practical tips, exercises, and stories.~Kate Kelly and Peggy Ramundo, coauthors, *You Mean I~m Not Lazy, Stupid or Crazy?!~If you are in a marriage affected by ADHD, this book is a must read for both spouses."~Jonathan Scott Halverstadt, LMFT, author, *ADD & Romance*******

"This book provides an incredibly valuable service to those struggling in a marriage with ADHD. ~Written by someone who has been there and knows firsthand how ADHD can disrupt a marriage, it will help couples truly understand ADHD, realize they are not alone, and teach them what specifically can be done to align together as a team to turn things around. ~Ms. Orlov has done a wonderful job of providing knowledge, awareness, and hope to those who sorely need it." ~Kevin Murphy, PhD, co-author of *ADHD in Adults: What the Science Says*"The *ADHD Effect* is an exceptional book that addresses the complexity of the relationship between partners whose lives are affected by ADHD while presenting sound family system principles in an easy-to-understand and accessible way...I would highly recommend this book to my clients, their partners, and to couple therapists who want to learn to effectively guide couples in marriages challenged by *The ADHD Effect*." ~Sari Solden, MS, LMFT, author of *Journeys Through ADDulthood*"Orlov's work is a beacon of light and hope, offering strategies that help couples feel happier and more satisfied." ~Ari Tuckman, PsyD, MBA, author of *More Attention, Less Deficit*

Amazing insight

Audio is hard to listen for long. Monotone voice.

Helpful if the ADD person in your life has only the basic problems of forgetfulness, lack of organization, procrastination. Some of the material is helpful whether or not ADD is a factor in your marriage. We read this book together -- one with the Kindle version out loud; the other following along with the hard copy. This is a good way to get around the distraction issue for the ADD person.

My wife (who has ADHD) and I (who does not) have just started reading this book together, and we are already benefiting from it! This is the first book that I have been able to find that isn't only about understanding ADHD and the behaviors that tend to be associated with ADHD. It also addresses behaviors that are associated with the nonADHD person in the couple. And that is essential in order for both partners to feel validated, and also in order for each partner to feel empathy for the other. In the past, when my wife and I have attempted to read other books together - books that were written for couples in which one of the partners has ADHD - my wife always felt so bad that her ADHD behaviors were causing such pain for me that she was unable to continue. She came away feeling that since she was the one with ADHD, she was to blame for all our problems. And in some ways, I actually agreed with her. But because she was feeling so guilty, she wasn't able to take a step back and really see the effect her behaviors were having on me. And so we were stuck. The ADHD Effect on Marriage, on the other hand, puts the "blame" not just on the ADHD, but also on the nonADHD spouse's very predictable responses to ADHD behaviors, and also on the ADHD spouse's predictable responses to the nonADHD spouse's responses! So both of us are able to more clearly understand how we are each contributing to the dynamic. She can see the effect her behaviors have on me, and perhaps more importantly, I can see the effect my behaviors (in response to her behaviors) are having on her. And ironically, rather than both of us just feeling bad that we are to blame, we actually now feel that we can work together to improve things. We've only gotten through the first part of the book - Understanding ADHD in Your Marriage. And already we are listening to each other more, and fighting less! And we both look forward to reading the next section - Rebuilding Your Relationship in Six Steps. I think if you are in a relationship where one person has ADHD and one does not, I believe you will find this book to be very helpful. I'll write up an update when we have finished the second part of the book.

Very informative and eye opening for our 38 year marriage. Somewhat difficult to understand at times which requires re-reading...Work to do.

This has been such an eye opener and has helped me in my marriage.

This book is an excellent commentary on the Effects of Adult ADHD. It gives hope in a situation where most have lost hope. Adult ADHD is as difficult for the person with ADHD as it is for the spouse. This book explores both sides of the challenge. One must read the ENTIRE book. At the beginning one feels the hopelessness of the disease. At the end you see the HOPE. Would recommend this book for anyone interested in adult ADHD.

If you are someone who has ADHD, this might work for you. But a lot of times, I couldn't apply the book to my ADD marriage. Also, I was hesitant to ask my husband to read it because while the authors, I think, are trying to sound compassionate, it comes off as sounding like the non-AD/HD person is the only functioning adult in the marriage and the bumbling ADD'er is the person that needs to be "fixed" and he needs to be patient with me because I can't help it because I have ADD. I totally understand that it would be difficult to write an ADD book without presenting the dynamic as such. I will still search for a book that offers a better balance of hey, I might have ADD but I am one half of the "problem". If you are the ADD partner, it was readable and I got through most of it... barely...

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