



The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps

By *Melissa Orlov*

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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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Editorial Review

Review

"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*

From the Inside Flap

"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*

From the Back Cover

"Why wait until your therapist tells you to buy this book? Buy it now and save yourselves a lot of pain and money. This book will help you make your ADHD marriage work better so you can both have a happy, healthy lifetime of love."

-Jonathan Scott Havlerstadt, LMFT, author of *ADD & Romance*

Users Review

From reader reviews:

James Rodriguez:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a go walking, shopping, or went to often the Mall. How about open or maybe read a book entitled The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps? Maybe it is for being best activity for you. You already know beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

Daniel Starnes:

In this period globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for you is The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps this publication consist a lot of the information with the condition of this world now. This particular book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The actual writer made some exploration when he makes this book. Here is why this book appropriate all of you.

Katrina Scofield:

This *The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps* is new way for you who has fascination to look for some information mainly because it relief your hunger of knowledge. Getting deeper you in it getting knowledge more you know or you who still having bit of digest in reading this *The ADHD Effect on Marriage: Understand and Rebuild Your Relationship in Six Steps* can be the light food for yourself because the information inside this book is easy to get simply by anyone. These books develop itself in the form and that is reachable by anyone, sure I mean in the e-book contact form. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there isn't any in reading a e-book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book type for your better life in addition to knowledge.

Marie Miles:

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