



## You, Your Relationship Your Add: A Workbook

By Michael T. Bell

Echo Point Books & Media. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. 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 planful, 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...



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