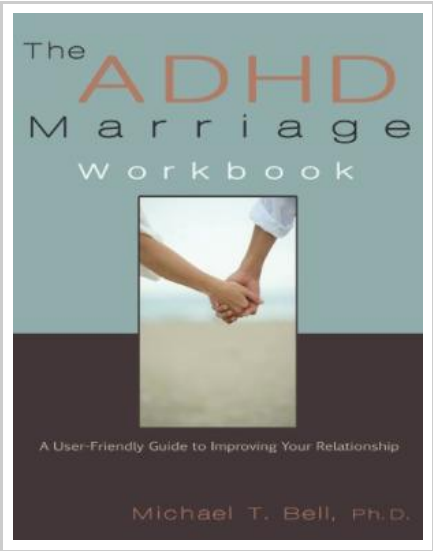


DOWNLOAD PDF

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

By Michael T Bell

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 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 CounselorPsychotherapist (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...

READ ONLINE
[3.54 MB]

Reviews

This is basically the finest publication i actually have go through till now. We have read and i also am confident that i am going to likely to read through again once more in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- ***Prof. Adell Lubowitz***

A top quality ebook and the typeface used was interesting to read through. It is rally intriguing throgh reading through period. You wont feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).

-- ***Estelle Donnelly***