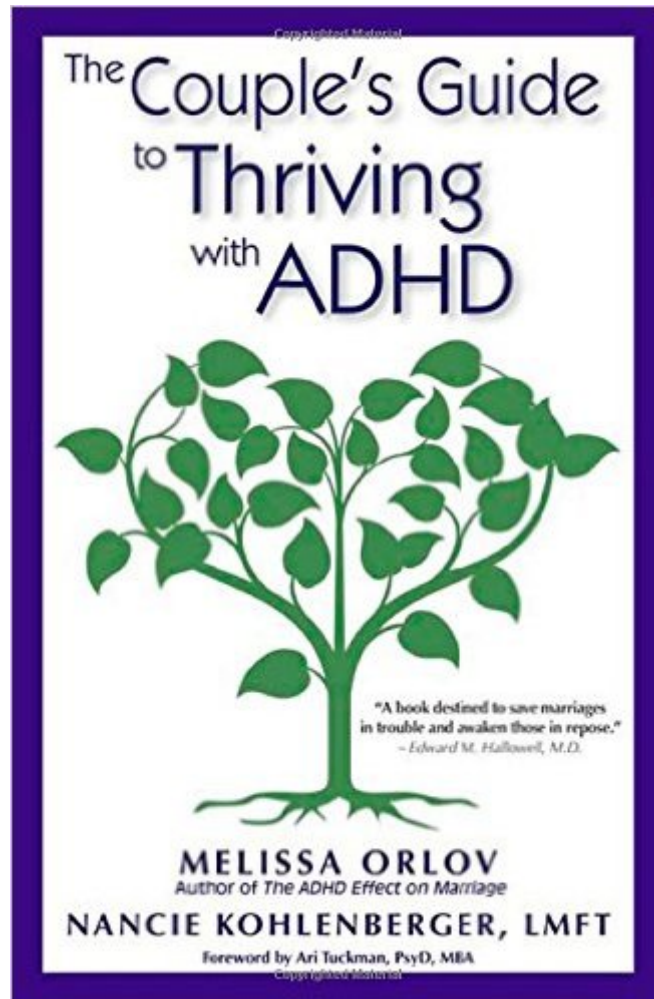


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# The Couple's Guide To Thriving With ADHD



## Synopsis

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. Learning how to interact around ADHD symptoms is often the difference between joy together and chronic anger and frustration. So The Couple's Guide to Thriving with ADHD lays out the most important strategies couples can use "right now" to rebuild trust, fight less, disagree more productively, get the attention they deserve, and rebuild intimacy in their relationship. These are strategies honed over years of working specifically with couples impacted by ADHD, and demonstrated to change lives for the better. "Thrive" is the go-to book for couples struggling with ADHD who want to actively work to improve their relationship.

## Book Information

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## Customer Reviews

This is a difficult book to rate for several reasons. I'm the ADHD partner in my relationship and some of the characterizations are very accurate and the suggestions seem to me to be hopeful, at least. My partner, however, became incredibly discouraged when we were reading it and maintained that it made him feel as though a lot of what he thought were some of my quirky and unique behaviors are actually symptoms of what he now sees as a grave disability. The book's approach also assumes that it is the male partner, not the female partner, who has ADHD. While Orlov addresses the reasons for this approach it's unfortunate, I guess, when a woman is the one whose ADHD introduces challenges into a relationship. I'm not sure I have the deftness to express precisely why

this is a problem, but I will try. To work through a couple's guide to thriving with ADHD, requires both partners to be willing to give it a shot (and this is the easy part), the ADHD partner to make great effort to monitor him or herself and to undertake often difficult personal change, and the partner without ADHD to be both patient and empathetic, to not pathologize all of the ADHD partner's behaviors and to refrain from seeing setbacks as failures or an unwillingness to change. It's my observation or belief or whatever you want to call it that women are socialized to be more patient and empathetic, that women are often socialized from a young age to take a supportive role with loved ones and family members, and that as a result it's perhaps easier for women to take the steps prescribed for the non-ADHD partner than it is for men.

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