



The Couple's Guide to Thriving with ADHD

Melissa Orlov, Nancie Kohlenberger LMFT

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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.

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