



Loving Someone With Attention Deficit Disorder: A Practical Guide to Understanding Your Partner, Improving Your Communication, and Strengthening You (The New Harbinger Loving Someone Series)

Susan Tschudi

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Your partner's attention deficit disorder (ADD) may not seem like a big deal at first, but eventually, the dynamics surrounding his or her impulsivity, forgetfulness, distractibility, and restlessness can really strain your relationship. You don't want to act like a parent, yet you may feel like you can't rely on your partner to get things done. *Loving Someone with Attention Deficit Disorder* is your guide to navigating a relationship with someone with ADD so you can create healthy boundaries while remaining sympathetic to your partner's symptoms.

An essential resource for every couple affected by ADD, this book will help you:

- Understand medication and other treatments
- Recover quickly when your partner's symptoms frustrate you
- Establish personal boundaries to avoid excessive caretaking
- Identify and take care of your own needs so you can feel more relaxed



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