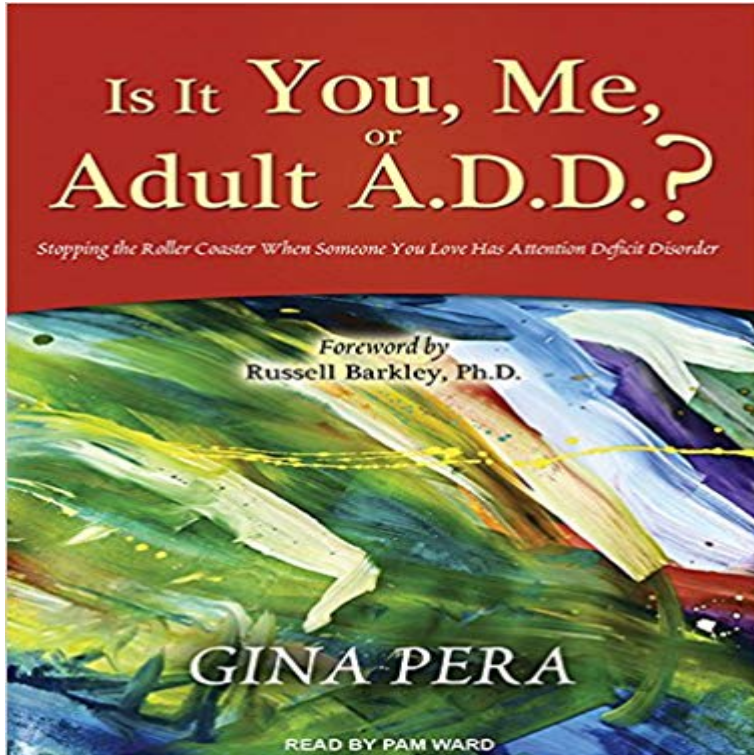


Is It You, Me, or Adult A.D.D.?: Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder



The science has been clear since 1994, when Adult ADHD was declared a medical diagnosis. Still, the public harbors misconceptions, and that means millions suffer needlessly. And that includes millions of couples who can't understand why their lives together are so hard—sometimes despite many attempts at couples therapy. Everyone knows someone with adult ADHD. Yet we misattribute the symptoms to anxiety, depression, or even laziness, selfishness, or moodiness. Moreover, we assume ADHD means little boys with ants in their pants. In fact, childhood hyperactivity goes underground as the person matures, resulting in a mentally restless state. Meticulously researched by award-winning journalist Gina Pera, *Is It You, Me, or Adult A.D.D.?*

is a comprehensive guide to recognizing the behaviors where you least expect them (on the road and in the bedroom, for example) and developing compassion for couples wrestling with unrecognized ADHD symptoms. It also offers the latest information from top experts, plenty of real-life details, and easy-to-understand guidelines for finding the best treatment options and practical solutions. The revolutionary message is one of hope for millions of people—and a joyous opportunity for a better life.

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