



# My Husband Has ADD and the Miraculous Discovery that Changed Our Life

*Linda Rosenbaum*

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A touching and insightful memoir . . . an unfolding clinical account, a love story, and a personal journey intertwined. The author's strengths and energies really leveraged what might have been a complete travesty into a story of perseverance and triumph. This narrative will benefit so many whose lives are touched by ADD/ADHD and its behavioral manifestations." Theodore R. DeRoche, Ph.D., LMHC

"My husband Bob is intelligent, good looking, witty, loving, and has ADD. Ouch! That last one hurt." Linda Rosenbaum, Author

Have you ever wondered if you or someone important to you has ADD - or is just odd? Common ADD traits such as procrastination, impulsivity, agitation, unawareness, and poor decision making are but a few of many. Maybe you have been diagnosed with ADD, or even more unsettling, live with someone who has this disabling brain disorder.

These and other issues are addressed in this compelling and educational memoir written by a courageous woman who has lived with her ADD spouse for many years. It wasn't until 2011 that she stumbled upon a miraculous discovery that healed her husband.

This narrative begins with them as happy newlyweds. Naturally, this innocent young couple expected to live happily ever after. But, in their second year, long before Adult ADD was recognized, their life began to deteriorate. Although the author did not understand what was happening, nor attach any name to it-ADD had indeed reared its ugly head. In order to survive her life of hardship, she instinctively transformed herself (for all time) into her husband's mentor and enabler.

Follow this couple through decades of distress caused by this "powerful demon," with situations that will sometimes shock you. Finally - it will be uplifting and riveting to read the unfolding account of the discovery that brought peace and harmony into their life.

“Rosenbaum tells this compelling tale of a marriage and a family nearly destroyed by the devastating effects of ADD. The book illustrates ADD, and its effect on individuals and families, gracefully, with courage and determination. Her memoir is a call to action and a poignant reminder of all the research that is yet to be done in the mental health field with regard to ADD.”

“This book is a brave, personal, and revealing account of the effects ADD can have on a family. She is determined to maintain normalcy for her family, as well as the appearance of normalcy to the outside world despite the upheaval and chaos in her own life . . . a reminder to us all that enduring love, commitment and fortitude are still a part of people’s constitutions.”

“Whoa, give me strength! An amazing and courageous woman and role model, a pioneer blazing a trail to reach a discovery in an all too misunderstood disorder called ADD. The author’s love for her husband was never diminished by what seem to be reluctance or inability to change or to understand himself and his sudden, life-altering impulses.”

“Linda opens her personal life about living with a husband who has serious ADD. She welcomes us into her world of decision-making and life struggles with bravery. She uplifts the reader to learn better how to help friends, loved ones and co-workers live a richer and less stressful life.”

“Finally, an ADD book that is educational, inspiring and truthful – but not clinical! Along comes a miraculous discovery that changes everything.”

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#### **Steven Bourg:**

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