

Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption

Edward M. Hallowell , Sue George Hallowell , Melissa Orlov

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Are you more distant from your spouse than you'd like to be? Do you sometimes get into big struggles over what amount to mere administrative details? Do you or your spouse waste time "screensucking"—mindlessly viewing email or surfing the Web? Welcome to the club! Modern marriage is busy, distracted, and overloaded to extremes, with ever-increasing lists of things to do, superficial electronic connections, and interrupted moments. Now Edward M. Hallowell, the bestselling co-author of the hugely popular **Driven to Distraction** and **Delivered from Distraction**, teams up with his wife, Sue George Hallowell, a couples' therapist, to explain the subtle but dangerous toll today's overstretched, undernurtured lifestyle takes on our most intimate relationship. The good news is that there are straightforward and effective ways to maneuver your marriage out of the destructive roadblocks created by the avalanche of busy living. Just thirty minutes of effort a day for thirty days can restore and repair communication and connection, resurrect long-buried happiness and romance, and strengthen—even save—a marriage.

We deal with overload by tuning it out, but the repercussions on couples and commitment are serious. Without attention, there is no intimacy. And without intimacy, there is no connection. So how do couples find their way back?

- Observe the natural sequence of sustaining love: attention, time, connection, and play.
- Develop and nurture empathy—the essential building block to healthy communication.
- Carve out small moments of uninterrupted attention for each other.
- Identify the pressures that our crazybusy lifestyles put on love and marriage, and fight back with tenderness and appreciation.

All of us who have been part of a couple for more than a few years will recognize ourselves in this reassuring book. Complete with scripts, tips, specific communication and interaction techniques, and a detailed 30-day reconnection plan, as well as inspiring real-life stories from relationships that were brought back from the brink, **Married to Distraction** will set couples on a course of understanding, healing, and love.

Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption Details

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Janet R. says

If anyone is thinking this is another book in the "Distraction" series, it's not. It has one chapter on ADHD, but really pretty skimpy Didn't tell me anything I don't already know (we're all busy and everybody's overusing electronic gadgets).

I really didn't understand the point of this book. If it was anyone but this author who made his name writing about ADHD, I don't think it would have been published.

Bridget says

Fine book. Some insight but mostly just reminders to lean into your marriage

anguinea says

i listened to the audio version and i really wish the authors would have just went with professional narrators to read because their own voices are very uneven. also, there are several examples of arguments between couples that can make a person very uncomfortable to endure to in an audio version.

Beth says

Mostly common sense stuff. Still, good advice.

Rachael Marsceau says

I was very pleasantly surprised with this book! Honestly I expected it to be a bunch of secular psychological mush from a godless worldview, but I believe the authors have some sort of Christianity, as they made many good parallels between faith and love.

I found many of their ideas of how to connect again with your spouse to be practical and non-intimidating. I thought the inclusion at the back of the book of a "summary list" of the highlights of their tips through all the chapters was brilliant! I know I can finish a book like this and think, "Well, I liked it, but I should've taken notes because I barely remember a thing."

And at the VERY end of the book is something very much like "The Love Dare," except with a specific

emphasis on spending 30 minutes a day for 30 days with your spouse. I'm looking forward to implementing some of the ideas Ned and Sue shared in this book.

Pat says

I found this suggested, not didactic help for couples to be just that - very helpful. The logical suggestion that today's constant distractions are a big cause to the problems facing couples today, rings so true. Too much information bombarding us at every turn, and not enough one on one time with the people we love equals disconnection. I would highly recommend this to every couple, whether in crisis, feeling disconnected, or just trying to cope with everyday life in today's fast-paced world.

Zinnia says

I didn't really bond with this book.

T.C. says

Whatever success we have in our marriage is sort of an accident. We did counselling and studying before the wedding but we're too busy nowadays. The marriage just happens. This book is changing that with all its lists and ideas. Here's one: Go on dates! Wow. What a concept. It's helping so far.

Muriel Fang says

The book gives practical tactics to get more organized and less distracted in life (turn off devices) -- and so much more. It allows me to accept that attention is a scarce and finite resource, even (especially?) in family life. It also gives me the ah-ha that we could approach family life with organizational disciplines, instead of letting it run unattended.

shirley says

This book started out strong with practical, and for me, helpful, strategies and ideas to think about. But about 3/4 of the way through, out of nowhere, "God" was dropped into the picture and there s/he remained till the end of the book. A turn-off for me. Upon finishing, I felt like the book lacked nuance and depth.

Shannon Kaneaster says

Get that moment when you are checking your phone & your kid is saying Mom! Mooommm! And realize you've been ignoring him? Sit side by side with your spouse, both chatting with other people online & you

haven't had a real conversation for days? This book is an eye opener. Very helpful info, applicable to most families these days. It's worth a read, and a reread.

Peggy says

Helped me realize my husband's ADHD. Made me understand his way of thinking to strengthen our relationship.

Lily says

It is a great book for couples in the their 40s. I found it very insightful for the possibility of being married to someone who has ADD. But It is more of a description of how to work on your marriage with todays many distractions. There is some information of having ADD and how to do deal with a spouse with it.

Eric Bell says

This book has some interesting sociological comments on modern culture, but lacks substance and follow through on the 'advice' presented. I would not recommend this book to a couple looking to strengthen their marriage.

Kimberly Barlow Cook says

I have read Hallowell's other books (Driven to Distraction; Answers to Distraction) to help me understand my son's ADHD, but this book I read for my own benefit. It helped me understand the roles of O (Organizer) and D (Distracted Partner) and how to compensate for and overcome challenges associated with distraction, especially in this age of digital (double) distraction. It made me more aware of how distraction can detract from relationships and how to develop strategies for coping. Some reviewers were annoyed by the author's introduction of God and spiritual relationships into the equation, but I found it refreshing to hear an honest sharing of how spirituality comes into play in a marital relationship. I found discussion of the Kolbe method for analyzing one's instincts interesting, and I plan to pursue this further. I think this could be a good tool for understanding other people better, and this can only lead to improved relationships. If you are ADHD or just a person who has a propensity towards distraction, this book will be a good read.
