



Gina Pera is the author of the bestselling book *Is It You, Me, or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder*, published in 2008. This comprehensive guide to understanding Adult ADHD, especially its effect on relationships, and its evidence-based treatment strategies has won four book awards and been praised by leading ADHD experts. In writing the foreword, preeminent ADHD researcher Russell Barkley, Ph.D., called the book an “admirable balance of current scientific information mixed with sage advice and wise, practical strategies based on the current science.” The Turkish translation of her bestselling book debuted in February, 2013, produced by Dr. Mehmet Akif Ersoy. (For more information, please visit <http://hiperaktivite.info>)

A long-time advocate and Adult ADHD expert, Gina has been married for almost 20 years to a man with ADHD and is founder of an online 1,000-member support group now celebrating its tenth anniversary. She is a resident ADHD expert for WebMD, has been interviewed by various news organizations on the topic, and is a featured speaker at conferences in the U.S., Canada, and the United Kingdom.

Previously, Gina was an award-winning print journalist. Her work for *USA Weekend Magazine* won both the prestigious Best Magazine Edition Award from The Association for Women in Communications and a Unity Award in Media, recognizing accurate exposure of issues affecting minorities and disabled persons. She lives in the San Francisco Bay Area, where she enjoys gardening and hiking with her husband, a molecular biologist.

Gina writes several blogs, including ADHDRollerCoaster.org and YouMeADD.org. Her website is GinaPera.com