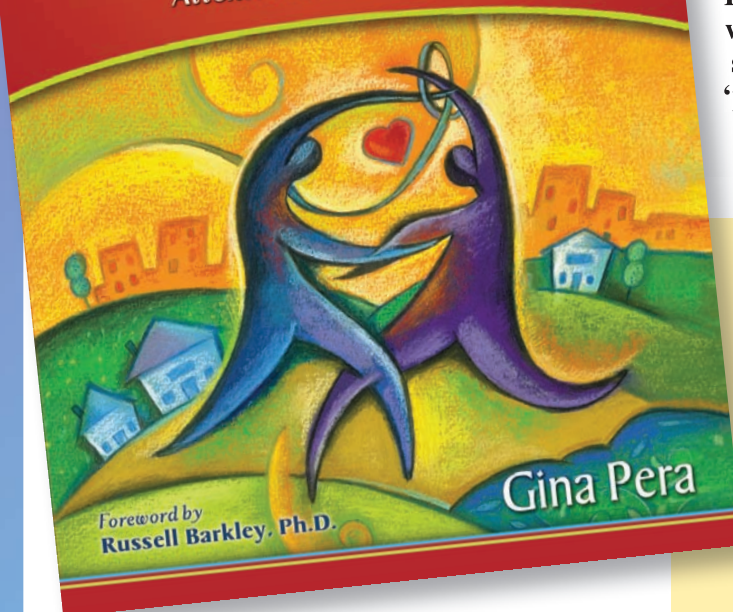


# Is It You, Me, or Adult A.D.D.?

Stopping the Roller Coaster  
When Someone You Love Has  
Attention Deficit Disorder



“... a unique compendium of information on the topic for lay readers.”

– *Library Journal*, July 15, 2008

“USA Weekend contributor and AD/HD researcher presents information on how to help and cope; chapters include ‘Psychological Denial,’ ‘Treatment Results that Last,’ and ‘Driving While Distracted,’ which includes Denise’s story of when her husband slammed into a moose at fifty mph because he was ‘playing with the radio, fussing with the cell phone, adjusting the heat ...’”

– *Foreword Footnotes*, August 6, 2008

The only comprehensive and practical guide for adults with Attention-Deficit/Hyperactivity Disorder and their loved ones, therapists, and physicians.

- Easy-to-understand explanations of ADHD symptoms and neurobiology
- Groundbreaking information on ADHD’s effect on relationships
- Evidence-based strategies for finding effective therapy, reaching through denial, and optimizing medication
- Foreword by preeminent ADHD authority Russell Barkley
- Endorsements by top experts, including psychologist Harville Hendrix, author of *Getting the Love You Want*

## More Praise for *Is It You, Me, or Adult A.D.D.?*

“Thank you, Gina, for writing such a useful book.”

- From the foreword, by Russell A. Barkley, Ph.D., Research Professor, Department of Psychiatry at SUNY Upstate Medical University, Syracuse, New York, and co-author of *ADHD in Adults: What the Science Says*

“I will make this book required reading for all my patients. It is nothing short of a *tour de force!*”

- Anthony L. Rostain, M.D., M.A., Medical Director, University of Pennsylvania, Adult ADHD Treatment and Research Program

“By showing the reality of ADHD in relation to those who must live with its consequences every day, Gina Pera provides a message of real hope.”

- Stephen Hinshaw, Ph.D., Professor and Chair, Psychology Department, University of California, Berkeley

“Gina Pera has combined a real feel for the disorder with sound reporting skills and the spice of those who tell the story best: the couples themselves.”

- Margaret D. Weiss, M.D., Ph.D., Director of Research, Division of Child Psychiatry, University of British Columbia

“Insightful, helpful, witty, and very practical. This book can change your life.”

- Daniel G. Amen, M.D., author of *Change Your Brain, Change Your Life*

“It will become as much an industry standard as *Driven to Distraction.*”

- David Edelberg, M.D. Medical Director, WholeHealth Chicago

“For couples struggling with ADHD, it’s the season’s new must-have book and bound to become a classic.”

- Michele Novotni, Ph.D., psychologist, coach, and author of *Social Success*

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