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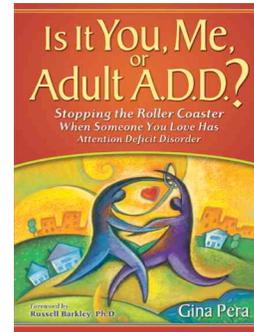
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Is It You, Me, or Adult A.D.D.?

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

by Gina Pera



July 20, 2008 – SAN FRANCISCO, CA – As many as 30 million adults in the U.S. share a genetic condition that threatens their health, employment, finances, and even their closest relationships. Yet only *one* million adults know they have it, and few of *them* truly understand it.

What is this mysterious condition? Adult Attention-Deficit/Hyperactivity Disorder (AD/HD). And, contrary to popular myth, the symptoms can be even more impairing in adulthood than in childhood. This is a lifespan disorder—with serious implications into old age.

Adult AD/HD was declared a medical diagnosis in 1994. Still, the public and even many mental-health professionals harbor harmful misconceptions. Recent years' focus on the "gifts" of ADHD has helped to provide a more balanced perspective. Yet for some it's also meant that their significant challenges are now denied or minimized instead of being taken seriously, with realistic, evidence-based strategies for change.

Poised to help change that injustice is this groundbreaking book, *Is It You, Me, or Adult A.D.D.? Stopping the Roller Coaster When Someone You Love Has Attention Deficit Disorder* (1201 Alarm Press; August 31, 2008; \$19.95).

The truth is, everyone knows *someone* with adult AD/HD). But we often misattribute the symptoms to anxiety, depression, or even laziness, willfulness, selfishness, moodiness, addictions, and worse. We simply don't make the connection to a brain disorder, perhaps because AD/HD symptoms do resemble the human condition *in exaggerated form*.

In fact, everything about AD/HD seems to cause confusion—until you get the facts, so engagingly presented in this book. For example, until recently, the official term was *ADD, plus or minus Hyperactivity*, and that's how many people still refer to it (hence the title). The new term, AD/HD, uses a slash mark to indicate that hyperactivity is not always present. In fact, hyperactivity is *rarely* present in adults. We now know that the *physical* hyperactivity common to children goes “underground” as the person matures, resulting in a *mentally* restless state; 70 percent of children with this condition do *not* outgrow it.

These adults and their family members face the “AD/HD Roller Coaster” in every facet of life: disorganization and clutter, underemployment and unemployment, forgotten tasks and obligations, unpaid bills, neglected home repairs and lost jobs, hot tempers and erratic parenting styles, traffic accidents and citations, and more. Moreover, AD/HD's very symptoms (including poor working memory and difficulty linking cause with effect) mean that many adults with ADHD fail to perceive their role in creating the chaos. They might even place the blame everywhere else—a “controlling” boss or partner, a tough economy, a dysfunctional childhood, and so on.

For these reasons, it often falls to the *partners* of these adults to connect problematic behaviors to AD/HD symptoms. That's why author Gina Pera reaches out to this group in particular. Yet, everyone involved with AD/HD will find this book invaluable, especially people with AD/HD and psychotherapists, who often mistake symptoms for "communication problems" or "personality differences." Treating physicians will find this a practical guide to medication protocols and the surprising health effects associated with untreated AD/HD.

Meticulously researched by this award-winning journalist, *Is It You, Me, or Adult A.D.D.?* offers the latest information from top experts who explain the science and proven protocols for reducing AD/HD's most challenging symptoms. Real-life details come from the partners themselves, who share their stories with touching candor yet plenty of humor. The revolutionary message is one of hope for millions of people—and a joyous opportunity for a better life.

The book is organized in three parts:

Part One

From the Tunnel of Love to the Roller Coaster: Could *Your* Partner Have A.D.D.?

Learn about the variable nature of AD/HD and how to recognize its major indications as well as its subtleties. Come to understand this widely misunderstood condition's central challenge: not a lack of *attention* but a lack of *self-regulation*. Finally, understand how actual symptoms differ from the negative mindsets and poor coping skills that typically develop over decades of a person living with unrecognized AD/HD.

Part Two

Roller Coaster Whiplash and G-Force Confusion:

How Many Plunges Before You Say, "Whoa!"

Part Two details the three stages of stress responses that the partners typically experience as the relationship progresses and AD/HD remains undetected: the so-called Three Plunges of the AD/HD Roller Coaster.

Part Three

Your Relationship and the Art of Roller Coaster Maintenance

This part of the book details four Success Strategies:

- Taking care of yourself (for the partners of adults with ADHD)
- Getting through denial
- Finding effective therapy (individual and for couples)
- Understanding the role of medication and proper treatment protocols

The final chapter presents a step-by-step plan for healing their relationship and the family. Appendices de-bunk common myths and provide guidelines for finding a professional evaluation.

About the author: San Francisco-based freelance journalist Gina Pera is nationally known as a powerful advocate for AD/HD awareness and effective treatment standards. Her work producing special issues for *USA Weekend* won 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. <http://www.GinaPera.com>

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