

AMANDA LAPERA

Award-Winning Author |
Speaker | Mental Health
Advocate



ABOUT AMANDA

Amanda LaPera is an award-winning author and speaker whose work explores mental illness, resilience, and family systems through lived experience. She is the author of *Losing Dad*, *Paranoid Schizophrenia*, winner of the IBPA Benjamin Franklin Silver Award in Psychology, and its sequel *Finding Dad*. Her work is recognized for its emotional honesty, depth, and impact on mental health awareness.

SIGNATURE SPEAKING TOPICS

- TOGETHER IS BETTER: Lessons from lived experience
- MENTAL ILLNESS & FAMILY IMPACT: What needs to change
- RESILIENCE IN UNCERTAINTY: Navigating systems and stigma
- STORYTELLING AS HEALING: Power of sharing your story
- OVERCOMING ADVERSITY: Motivational - Reclaiming identity

WHAT DO AUDIENCES GAIN?

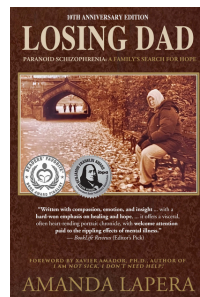
- Practical tools for resilience
- Mental health awareness & empathy
- Emotional connection + perspective shift
- Actionable mindset changes

PRAISE FOR AMANDA'S WORK

"A uniquely powerful, deeply personal chronicle that will resonate with readers."

"Written with compassion, emotion, and insight."

BOOKS



Losing Dad

PSYCHOLOGY MEMOIR:

Losing Dad, Paranoid Schizophrenia: A Family's Search for Hope (Award-winning)

- Amazon Category Bestseller



Finding Dad

PSYCHOLOGY MEMOIR:

Finding Dad, Paranoid Schizophrenia: An End to the Search (Award-winning)

- Amazon Category Bestseller



Desert of Dreams Series

- Sway with the Wind (prequel)
- Dare to Dream (1)
- Reach for Hope (2)
- Embrace the Truth (3)

Coming-of-age fiction exploring connection, identity, trauma, hope, and resilience.

CREDIBILITY & RECOGNITION

- IBPA Benjamin Franklin Silver Award (Psychology)
- BookLife Editor's Pick
- BookLife Prize Quarter Finalist
- Readers' Favorite Award Finalist
- IAN Book of the Year Award Finalist
- LQHS Teacher of the Year (2 times)
- Honored by Mental Health Assoc. of OC
- Former Board Member, NAMI-OC (10 years)

BOOK AMANDA LAPERA | Keynotes •
Conferences • Panels • Workshops •
Podcasts • Speeches • Media Interviews

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Amanda LaPera is an award-winning author whose work brings a deeply personal perspective to mental illness, resilience, and the lived experience of families navigating the system to get help for their loved one.

Her memoir *Losing Dad, Paranoid Schizophrenia: A Family's Search for Hope* documents her family's experience with late-onset schizophrenia and the emotional, systemic, and relational challenges that followed. The book received the IBPA Benjamin Franklin Silver Award in Psychology for its insight and impact.

Her sequel, *Finding Dad, Paranoid Schizophrenia: An End to the Search* continues the story through a decade-long search for her missing father, exploring themes of hope, persistence, and emotional survival.

In addition to nonfiction, Amanda is the author of the *Desert of Dreams* fiction coming-of-age series, which explores identity, and the role that connection, hope, and resilience play in overcoming trauma.

Her work bridges storytelling and advocacy, helping audiences better understand mental illness through human experience rather than statistics.

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INTERVIEW QUESTIONS

MENTAL HEALTH & FAMILY

What do families often misunderstand about schizophrenia?
What was the hardest part of your lived experience?
Where does the system fail caregivers the most?

RESILIENCE

What does resilience actually look like in real life?
How do people survive long-term emotional uncertainty?
What helped you keep going?

STORYTELLING

Why is storytelling so powerful in mental health advocacy?
What do you hope your books change in public perception?

PERSONAL REFLECTION

What has this journey taught you about love and loss?
What do you wish you knew earlier in your experience?

EXTENSION - CURRENT WORKS

What are you are working on now? (coming of age fictional series)
How does your current fictional series connect to what you've learned?
(characters overcome trauma through resilience, hope, and connection)

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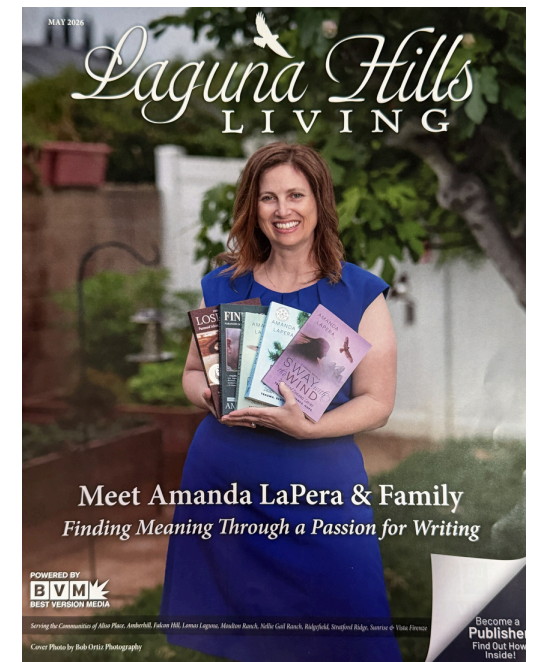
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MEDIA COVERAGE & EXPERIENCE

- **Featured Guest on Podcast:** *It Matters How We Treat One Another*
- **Front Cover Magazine and Featured Article:** *Laguna Hills Living Magazine* (print)
- **Author Interview:** *San Diego Voyager Daily Inspiration*
- **Presenter:** NAMI CA Conference Workshops
- **Speaker / Mental Health Panels:** *Each Mind Matters* Conference Workshops
- **News Article:** *Huntington Beach News*
- **Motivational Speaker:** Littlerock High School and Lake LA School
- **News Article:** *Antelope Valley Press*
- **Featured Storyteller:** CA State Historic Park Antelope Valley Indian Museum

MEDIA GALLERY



TESTIMONIALS

"A uniquely powerful, deeply personal chronicle that will resonate with readers."

—*Publishers Weekly BookLife Prize*
(Quarter Finalist)

"Written with compassion, emotion, and insight... with a hard-won emphasis on healing and hope."

—*BookLife Reviews* (Editor's Pick)

"Hard-hitting, powerful... highly recommended."

—D. Donovan, Senior Reviewer, *Midwest Book Review*

"Will inspire and encourage loved ones not to give up hope even when getting help seems all but impossible."

— Amy Raines for *Readers' Favorite*

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