

# 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?

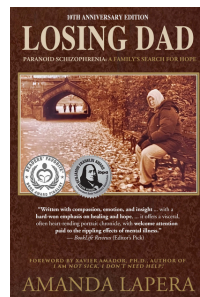
- Practical tools for resilience
- Mental health awareness & empathy
- Emotional connection + perspective shift
- Actionable mindset changes

## 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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