



John J. Ratey, MD, is an Associate Clinical Professor of Psychiatry at Harvard Medical School, Research Synthesizer, Speaker, and best selling Author. He has published over 60 peer-reviewed articles on the topics of Aggression, Autism, ADHD, and other issues in Neuropsychiatry, and written 11 books published in 14 languages.

Dr. Ratey is the co-author of the ground breaking ADD-ADHD series of books, "Driven to Distraction," "Answers to Distraction," and "Delivered from Distraction," with Edward Hallowell, MD. First published in 1994, "Driven to Distraction" is still considered the seminal book on ADD-ADHD, and to this day remains a best seller in the field.

In addition, Dr. Ratey is the author of "A Users Guide to the Brain" (2000) and co-author of "Shadow Syndromes" (1997) with Catherine Johnson, PhD., both published by Pantheon/Random House. He has edited several academic publications, including "The Neuropsychiatry of Personality Disorders"(1994), published by Blackwell Scientific.

With the publication of his latest book, "Spark: The Revolutionary New Science of Exercise and The Brain,"(2008), Dr. Ratey has established himself as a leading expert in the brain-fitness connection. A highly sought after speaker, he has embarked on a world-wide mission to re-engineer schools, corporations, and individual lifestyle practices by incorporating exercise to

achieve peak performance and optimum mental health. Dr. Ratey has lectured extensively throughout the US, Canada, Japan, Korea, Taiwan, Australia and Europe. He serves as an advisor to the President Of Taiwan, The Alberta, Canada legislature and the Utah Government. He's been named Reebok's Ambassador for Active Kids, Advisor to the California Governor's Council on Physical Fitness Activity and Sport, and Adjunct Professor at Taiwan National Sports University.

Consistently named one of the Best Doctors in America by his peers, Dr. Ratey and his work are frequently profiled in the media, where he's been featured on ABC, CBS, NBC, PBS and NPR, and well as in The New York Times, Newsweek, The Washington Post, US News and World Report, Forbes, Men's Health, Fitness Magazine, and other national publications