

THE UNDOING

*Breaking Free
from the
Programming
That Trapped
My Mind*

Media Kit

ANDREA SCHMOOK

Table of Contents

- **Press Release**

- **Author Bio**

- **Book Information**

- **Key Talking Points**

- **Media Information**

- **Reviews**

- **Contact Information**

- **Additional Materials**

Press Release

For Immediate Release

Contact Information: Andrea Schmook, Mental Health Consultant & Author

Phone: 213-281-1326

Email: Andrea@AndreaSchmook.com

Website: <https://www.AndreaSchmook.com>

Mental Health Pioneer Who Used Spiritual Healing Decades Before Science Proved It Possible Releases Groundbreaking memoir story - THE UNDOING: Breaking Free From the Programming That Trapped My Mind

State Consultant and Recovery Advocate Andrea Schmook Shares How Scripture Transformed Suicidal Crisis Into 30-Year Mission to Bridge Faith and Clinical Practice

LOS ANGELES, CA – Between January and March 2026 – On the night Andrea Schmook planned to end her life, a compulsion to read scripture sparked a spiritual awakening that not only saved her but launched three decades of pioneering work proving that inner healing through faith can revolutionize mental health recovery. Now, for the first time, Schmook is sharing the profound spiritual tools that transformed her journey from suicidal patient with diagnoses of acute paranoid schizophrenia, schizoaffective disorder, and bipolar disorder to nationally recognized mental health leader invited to the White House Conference on Mental Health.

"I was rewiring my brain through spiritual practices decades before neuroscience proved neuroplasticity was real," says Schmook, whose upcoming narrative book details how she used affirmative prayers and principles from Napoleon Hill's 1937 Think and Grow Rich to literally change her neural pathways. "My personal experiment became a 30-year professional mission to show that spiritual healing doesn't replace traditional treatment—it completes it."

Schmook's extraordinary career spans executive director roles in Alaska and Illinois, federal consulting work creating training curricula for the U.S. Department of Health and Human Services, and appointments by governors to state mental health boards. She created the first statewide consumer specialist positions in Illinois state hospitals and has trained thousands of mental health professionals and people diagnosed with mental illness on recovery-oriented approaches.

Press Release

(Continued)

"Fear about spiritual healing creates unnecessary barriers between patients and professionals," explains Schmook, who has quietly integrated spiritual principles into mental health systems throughout her career. "After 30 years of proving these approaches work, it's time to share them openly."

Her memoir comes at a critical time when traditional mental health treatment leaves many seeking additional pathways to healing. With 1 in 5 Americans affected by mental illness, Schmook's approach offers hope for those who haven't found complete recovery through conventional methods alone.

Key achievements in Schmook's advocacy career include:

- Executive Director positions at multiple mental health organizations
- Advocating for recovery with the U.S. Department of Health and Human Services
- Creation of first statewide consumer specialist positions in Illinois state hospitals
- Representation of the United States at World Congress on Mental Health, New Zealand
- Training curriculum development now used nationally by government agencies
- Focus group research with 298 consumers across hospitals and community agencies

"My story proves that rock bottom can become the foundation for extraordinary impact," says Schmook, who received the Athena Society Award from the Anchorage Chamber of Commerce and multiple other recognitions for her contributions to mental health advocacy.

The memoir reveals how Schmook transformed childhood programming about a "punishing God" into understanding divine love, using spiritual practices that modern neuroscience now validates. Her approach demonstrates that addressing the spiritual dimension of mental health can enhance clinical outcomes and create lasting transformation.

Schmook is currently developing online courses to teach the spiritual healing principles that saved her life and influenced her three-decade career in mental health leadership. She continues to advocate for integrating spiritual approaches with traditional clinical practice, believing this combination offers the most comprehensive path to recovery.

Author Bio

Andrea Schmook discovered the power of spiritual healing when traditional psychiatric treatment wasn't enough. After reaching a suicidal crisis point, a profound spiritual awakening led her to be transformed into a new person. Using affirmative prayers and principles from Napoleon Hill's Think and Grow Rich, she rewired her brain through spiritual practice decades before neuroscience proved neuroplasticity was possible.

This inner transformation from fear to faith became the foundation for over 30 years of national leadership in mental health recovery. As executive director of multiple organizations, input at the federal and state level, Director of the Consumer Development at Illinois Division of Mental Health, Andrea has spent her career proving that recovery and healing with clinical practice can work together to create lasting recovery.

Book Information

THE UNDOING: Breaking Free From the Programming That Trapped My Mind

When traditional psychiatric treatment wasn't enough, Andrea Schmook discovered that spiritual healing from within could rewire her brain and transform her life. Decades before neuroscience proved neuroplasticity, she used affirmations and spiritual practices to recover from severe mental illness, then spent 30 years in leadership roles and advocating, including providing training that introduced recovery and spiritual healing into the mental health system.

Andrea Schmook's journey from suicidal despair to national mental health leadership began with a spiritual awakening that would challenge everything the psychiatric field believed about mental illness. Diagnosed with acute paranoid schizophrenia, schizoaffective disorder, and bipolar disorder, she reached a breaking point where voices urged her to end her life.

In that darkest moment, compelled to read a spiritual principle, Andrea experienced a profound realization: "God loved me!" This spiritual breakthrough became the foundation for her healing. Drawing from Napoleon Hills's 1937 book, *Think and Grow Rich*, she began using affirmations to literally rewire her brain—decades before neuroscience would prove neuroplasticity possible.

Her transformation from fear-based thinking to spiritual living created not just recovery, but extraordinary purpose. Over 30 years, Andrea revolutionized mental health systems as executive director of multiple organizations, consulting, and advising state and national agencies. Invited to the White House Conference on Mental Health and internationally recognized, she now shares her groundbreaking approach that demonstrates how spiritual healing and clinical practice can work together to create healing and lasting recovery.

Key Talking Points

1. THE PIONEER WHO WAS DECADES AHEAD OF SCIENCE

- I was rewiring my brain through affirmations before neuroscience proved it was possible
- Used affirmations and Napoleon Hill's 1937 principles to literally change my brain patterns
- Neuroplasticity wasn't accepted by neuroscience until the 1990s—I was already living proof
- I didn't just recover—I discovered a pathway that science would later validate

2. THE TRANSFORMATION FROM PATIENT TO POLICY MAKER

- Went from suicidal patient to mental health leader
- Created the first statewide consumer specialist positions in Illinois state hospitals
- Worked with U.S. Department of Health and Human Services
- Appointed by governors, represented the U.S. internationally
- "My recovery wasn't just personal—it became a blueprint for systemic change"

3. THE BRIDGE BUILDER BETWEEN FAITH AND CLINICAL PRACTICE

- Spiritual healing doesn't replace traditional treatment—it completes it
- Quietly integrated spiritual principles into 30 years of professional mental health work
- Trained thousands of clinical professionals on recovery-oriented approaches
- "Fear about spiritual healing creates unnecessary barriers to healing"

4. THE SYSTEMIC CHANGE AGENT

- One person's transformation can reshape entire systems
- Designed consumer-driven services that put people with lived experience in leadership roles
- Created training curricula used nationally by state agencies
- "I didn't just get better—I made it easier for others to get better too"

5. THE SPIRITUAL HEALING PIONEER READY TO GO PUBLIC

- After 30 years of quiet integration, it's time to speak openly about spiritual transformation
- Previously blended spiritual principles subtly into professional training
- Now ready to share the profound spiritual tools that saved my life
- "The world is finally ready to hear that spiritual healing is not alternative—it's essential"

MEMORABLE SOUND BITES:

- "I went from 'God is punishing' to 'God is love'—and that changed everything"
- "Spiritual healing and clinical practice aren't opposites—they're partners"
- "I was doing neuroplasticity before it was cool—through the power of prayer"
- "My story proves that rock bottom can become the foundation for extraordinary impact"

Media Information

Interview Availability: Andrea is available for interviews Monday through Friday with flexible scheduling and can adapt her message for various audiences including general wellness, spirituality, mental health, and professional healthcare topics.

Preferred Contact Method: Email: Andrea@AndreaSchmook.com (responds within 24-48 hours, often sooner for urgent requests).

Time Zones Accommodated: Based in Pacific Time Zone, Andrea can accommodate interviews across all U.S. time zones and international scheduling with advance notice.

Virtual/In-Person Availability: Andrea is available exclusively for virtual interviews.

Technical Capabilities: Podcast ready.

Response Time Expectations: Responds to media inquiries within 24-48 hours, often sooner for urgent requests.

Reviews

A powerful sharing that sheds light for behavioral health professionals... It is also a beacon of hope for consumers, psychiatric survivors, ex-patients, and all of us who have struggled." — Carey S. Edney, Ph.D., Psychologist, Retired



The Undoing transforms life experiences into spiritual experiences. Andrea's story accompanies the reader past vignettes of trauma, toward a spiritual path with guides disguised as chance meetings, mysterious arrangements disguised as coincidence, faith disguised as choices, and spiritual uplift disguised as resolve to do all it takes to be whole in one's own eyes."

— Mary Ellen Donovan, Ret. RN, MSN, Certified Recovery Support Specialist (CRSS-IL)



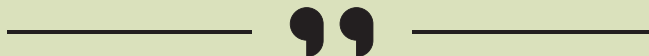
Andrea uses her personal experiences to lay out how she managed her path to 'recovery' which far too many people have been historically told cannot happen... This book is a MUST read!!!!

— John Allen, Past President of the National Association of Consumer/Survivors Offices of Consumer Affairs, New York



Andrea's message with her story is that people can recover, with help from family and friends, along with professional help when needed.

— Merryl Joy Hughes, Former Worker for GROW Australia and United States



Andrea's story is living proof of a truth I first learned in GROW: recovering from mental illness is painful but permanently rewarding... Her story carries a vital message: complete recovery from even the most severe mental illness is possible. It is a book, I believe, every mental health professional should read, and one that offers hope and choice to anyone who feels trapped in illness.

— June Woods, Member of GROW in Ireland and America in various leadership positions for over 30 years

Contact Information

For all media inquiries, interview requests, and speaking engagements, please contact:

Andrea@AndreaSchmook.com

Cell Phone: 213-281-1326

(If no answer, please leave a voice mail message. Andrea will call you back.)

Include relevant details about your request (outlet name, interview type, date/time preferences, audience information) and Andrea will respond within 24-48 hours.

If you want an Advanced Reader Copy (ARC), email your request to Andrea.

Additional Materials

(Available on Website)

<https://AndreaSchmook.com>

(download links for digital assets)

- [Comprehensive Interview Questions](#)
- [Mental Health Recovery Fact Sheet](#)
- [Spiritual Recovery Fact Sheet](#)

Thank you!