

## LINDA WASMER ANDREWS – HEALTH/PSYCHOLOGY WRITER

### Contact

MindBodyWord, LLC  
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### Freelance Writing Experience

Experience spanning 26 years, 13 books, 2,100 articles.  
Specializing in health, psychology, and the mind/body connection.  
Full-time freelancer, available year-round on short notice.

- Media: books, websites, magazines, newsletters, reference books
- Audience: general public, teenagers, seniors, health professionals
- Special interests: stress management, mind/body wellness, mental health, work/life balance, time management

### Current Editorial Position

Project Editor, Publix GreenWise Market® magazine, 2007-present

### Education

M.S. in Health Psychology, Capella University, 2004  
B.A. in Psychology, University of New Mexico, 1979

### Books Authored or Coauthored by LWA

Louis Pasteur: Disease Fighter (rev. ed.), by Linda Wasmer Smith. Springfield, NJ: Enslow, 2008. (for children and teenagers)

The Thought That Counts: A Firsthand Account of One Teenager's Experience With Obsessive-Compulsive Disorder, by Jared Kant with Martin Franklin, Ph.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2008. (for teenagers and young adults)

Me, Myself, and Them: A Firsthand Account of One Young Person's Experience With Schizophrenia, by Kurt Snyder with Raquel E. Gur, M.D., Ph.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2007. (for teenagers and young adults)

Monochrome Days: A Firsthand Account of One Teenager's Experience With Depression, by Cait Irwin with Dwight L. Evans, M.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2007. (for teenagers and young adults)

What You Must Think of Me: A Firsthand Account of One Teenager's Experience With Social Anxiety Disorder, by Emily Ford with Michael Liebowitz, M.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2007. (for teenagers and young adults)

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents, by Edna B. Foa, Ph.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2006.

If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents, by Dwight L. Evans, M.D., and Linda Wasmer Andrews. New York: Oxford University Press, 2005.

Stress Control for Peace of Mind, by Linda Wasmer Andrews. New York: Main Street, 2005.

Emotional Intelligence, by Linda Wasmer Andrews. New York: Franklin Watts, 2004. (for preteens)

Meditation, by Linda Wasmer Andrews. New York: Franklin Watts, 2004. (for preteens)

Intelligence, by Linda Wasmer Andrews. New York: Franklin Watts, 2003. (for preteens)

Depression: What It Is, How to Beat It, by Linda Wasmer Smith. Berkeley Heights, NJ: Enslow, 2000. (for preteens and teenagers)

Of Mind and Body, by Linda Wasmer Smith. New York: Henry Holt, 1997.

New Drug Treatments for Diabetes (2nd ed.), by Linda Wasmer Andrews. New York: R.A. Rapaport, 2004.

Diabetes Complications: Prevention and Management, by Linda Wasmer Andrews. New York: R.A. Rapaport, 2001.

### Book-Length Reports Authored by LWA

**Magazine and  
Newsletter Clients  
(Partial List)**

Alternative Medicine  
American Health  
American Profile  
Arthritis Self-Management  
Artist's Magazine  
Backpacker  
Beyond  
Bird Talk  
Bruce Jenner's Better Health and Living  
Consumers Digest  
Costco Pharmacy Guide to Healthy Living  
Diabetes Self-Management  
Environmental Health Perspectives  
Experience Life  
Family Doctor  
Family Doctor (American Academy of Family Physicians)  
Figure  
Folio  
GreenWise  
HR Magazine  
Journal of Medical Licensure and Discipline  
Longevity  
Massage  
Men's Exercise  
Men's Fitness  
Mother Earth News  
Muscle Media  
Outdoor Life  
Parenting  
Popular Science  
Psychology Today  
Reader's Digest  
Self  
Southern Outdoors  
Sport  
Swim  
Taking Care  
USA Gymnastics  
Veggie Life  
Walking  
Writer's Digest

**Web and Online  
Clients**

America Online  
BetterHealth.com  
CBSHealthWatch.com  
Cyfit.com  
Epotec.com  
FitDV.com  
Genetic Science Learning Center  
HealthScoutNews.com  
Here2Listen.com  
HorsesMouth.com  
iEmily.com  
InStepWithSynvisc.com  
JustGarciaHill.org  
MedHunters.com  
OneBody.com  
OnHealth.com  
Self.com

**Reference and**

Psychologists and Their Theories for Students. Ed. Kristine Krapp. Farmington Hills, MI:  
Thomson Gale, 2004.

## **Multiple-Author Books With Sections by LWA**

Pollution A to Z. Ed. Richard M. Stapleton. New York: Macmillan Reference USA, 2003.

Drugs, Alcohol, and Tobacco: Learning About Addictive Behavior. Ed. Rosalyn Carson-Dewitt, M.D. New York: Macmillan Reference USA, 2002.

Science in Dispute: Volumes 1-3. Ed. Neil Schlager. Detroit: Gale Group, 2002.

Human Diseases and Conditions: Supplement 1--Behavioral Health. Eds. Neil Izenberg, M.D., and Steven A. Dowshen, M.D. New York: Charles Scribner's Sons, 2001.

Human Diseases and Conditions. Ed. Neil Izenberg, M.D. New York: Charles Scribner's Sons, 2000.

World of Invention: History's Most Significant Inventions and the People Behind Them, 2nd edition. Ed. Kimberley A. McGrath. Detroit, MI: Gale Research, 1999.

World of Scientific Discovery: Scientific Milestones and the People Who Made Them Possible, 2nd edition. Ed. Kimberley A. McGrath. Detroit, MI: Gale Research, 1999.

2000 Behavioral Outcomes and Guidelines Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1999.

2000 Medical Quality Management Sourcebook. Ed. Beth Rosenthal. New York: Faulkner and Gray, 1999.

2000 Medicare Managed Care Sourcebook. Ed. Melissa Glim. New York: Faulkner and Gray, 1999.

2000 Post-Acute Outcomes Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1999.

Notable Mathematicians: From Ancient Times to the Present. Ed. Robyn V. Young. Detroit, MI: Gale Research, 1998.

Notable Twentieth-Century Scientists: Supplement. Ed. Kristine M. Krapp. Detroit, MI: Gale Research, 1998.

1999 Behavioral Outcomes and Guidelines Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1998.

1999 Medicaid Managed Behavioral Care Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1998.

1999 Medicaid Managed Care Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1998.

1999 Medical Quality Management Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1998.

1999 Medicare Managed Care Sourcebook. Ed. Melissa Glim. New York: Faulkner and Gray, 1998.

1999 Wellness and Prevention Sourcebook. Ed. Eric Levy. New York: Faulkner and Gray, 1998.

1999 Workers' Compensation Managed Care Sourcebook. Ed. Mary Grace Stefanchik. New York: Faulkner and Gray, 1998.

1998-1999 Patient Resources on the Internet. Ed. Eric Levy. New York: Faulkner and Gray, 1998.

1998 Behavioral Outcomes and Guidelines Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1997.

1998 Medicaid Managed Behavioral Care Sourcebook. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1997.

1997 Guide to Behavioral Resources on the Internet. Ed. Kenneth M. Coughlin. New York: Faulkner and Gray, 1997.

Notable Twentieth-Century Scientists. Ed. Emily J. McMurray. Detroit, MI: Gale Research, 1995.

The Enigma of Personality. Eds. of Time-Life Books. Alexandria, VA: Time Life, 1994.

The Defending Army. Eds. of Time-Life Books. Alexandria, VA: Time Life, 1993.

## **Memberships**

American Psychological Association (associate)  
American Society of Journalists and Authors  
National Association of Science Writers

## **Other Professional Activities**

Fellowship to Old Like Me? Issues and Stereotypes of Aging in North America CASE Media Fellowship Program, sponsored by Northern Michigan University, August 2005

Guest participant at Genetics and Addiction Master Teacher Program, sponsored by the University of Utah's Genetic Science Learning Center, July 2004

Scholarship to Addiction Studies Program for Journalists, sponsored by Wake Forest

University School of Medicine and National Families in Action, June 2001

Last updated: February 19, 2008