

# AMANDA LAPERA

Award-Winning Author |  
Speaker | Mental Health  
Advocate



## 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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