Mr. Andrew O. Jackson
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I retired in 2012 from mechanical engineering and began refurbishing a 27ft sailboat. For the next four summers, my wife Barbie and I lived, sailed, and anchored from one harbor to another on the north shore of Lake Huron with our two cats. We have recently celebrated our 25th wedding anniversary and 25 years of summer sailboat racing our E-scow and winters alpine skiing.

Education:

BS Education 1977 U.W.-Stout

Self-Schooling 1978-1980 The UW Memorial Union Music Room. The religious nature of reality from Carolos Castanada to Yogananda and Aurobindo Ghose; Practiced mindfulness and meditation

MS Management Technology 1989 U.W.-Stout

MS Technology Education 1990 U.W.-Stout

School of Hard Knocks: In 1994 I developed my own therapy and freed myself from nearly 17years of mental health issues. Since 2005 I have been researching psychological theory and writing to academia on why my route to health, well-being, and success is absent and not taught.

Teaching:

Dominican H.S. 1980-1986
woodworking, mechanical and architectural drafting; Theater Technical Director

Northwest Institute of Light Industry, Xianyang, China 1990
Taught quality control and inventory control management

Herzing College, Madison, WI 1990-2002?
Taught mechanical and architectural computer aided design (CAD)

Industry:

Del Monte Foods, Arlington, WI; summer jobs 1970s and 1980s
Tractor operator, windrower operator, one season Crew Boss/Field Mechanic

ABL-Lights, Stevens Point, WI; Quality Manager; 1991
Produced industrial utility lights for John Deere, Case-International, and Caterpillar
Resolve design, raw-material, and production quality issues; developed the ABL's quality program that won the Caterpillar utility light production for the western hemisphere.

Johnson Industries International, Lake Windsor, WI; 2001-2012 (retired)
Mechanical Engineer (non-degreed – working under a degreed engineer)
Designing and upgrading previous designs: cheese processing equipment (shredders, cutters, mixers, conveyors, combination machines)

Coaching:

Assistant Wrestling Coach, Dominican H.S., Whitefish Bay, WI; 1980-1984

Alpine Ski Instructor, Devil's Head Resort, Merrimac, WI; part time, 1973-1975

Sailboat Racing; Owner/skipper, E-Scow, Mendota Yacht Club, Madison, WI: 2000-2025



Andrew O. Jackson has an MS in Technology Education and an MS in Management Technology from the University of Wisconsin – Stout. He was a high school shop teacher, wrestling coach and professional alpine ski instructor; a college CAD (computer-aided design) instructor; a guest instructor in China teaching quality and inventory management; and a quality manager at an OEM (original equipment manufacturer). He is happily married and retired from mechanical engineering and twenty-five years of sailboat racing and coaching on the Melges E-Scow and is now spending his summers sailing and winters alpine skiing with his wife Barbie and their two cats. He is currently campaigning for academic and athletic coaching understanding and awareness of our natural cognitive-emotional reprocessing mechanisms that have evolved to attain and maintain our health, well-being, and successful decision-making prowess.

Andrew O. Jackson suffered from psychotic mania, suicidal depression, and schizophrenic tendencies. He was in and out of mental hospitals from 1979 to 1996. Once after another "blackout" period, he "awoke" in a mental ward and wondered how he got there this time. The nurse said he went up to a police car and told them that his friend needed help. His "friend" was a trash can. Another time he "awoke" with a rope in his hand ready to put an end to this torturous life when a voice asked him, "Can you go on?" "They" wanted him to continue his painful and torturous existence a while longer. He replied, "Yes" and got himself to a hospital…again.

"I like to say I have a PhD in Psychology from the School of Hard Knocks. The difference being that an accredited school requires classes, exams, and a successful defense of one's own dissertation. I, on the other hand, either realize, develop, and self-prescribe a new psychology of cognitive-emotional behavior more in line with natural evolution and live, or fail and die."

Around 1993, in a moment of inspiration that led him away from academia's 3000-year-old literary linguistics of emotionally driven behavior and control, he began a self-directed healing program using his good-feeling emotions, moods, attitudes, and feelings as indicators of, and a progression towards a healthy biochemical, neurological, and physiological state of being. After a couple more psychotic episodes (one that landed him in the El Paso County jail and led to a divorce from his first wife) and after seventeen years of therapists, psychologists, and psychiatrists, he no longer needed the benefits of their assistance. He has been medication-free and without disassociation, depression, or mania episodes since 1996.

Since 2005, he has been writing to academics around the world advancing a new emotional paradigm that defines cognition as causal and emotions as a perceived effect of biochemical, neurological, and physiological changes and states of being in the brain and body. Emotions, instead of being regulated by cognitive behavior as current psychological academia prescribes, have evolved into a cognitive-emotional operant conditioning mechanism to guide cognitive behavior towards the health, well-being, and prosperity of the individual.