

Mark L. Mathews is a poet, author, and impassioned advocate whose work fearlessly navigates the complex landscapes of mental health, identity, and truth. He is the author of the non-fiction memoir, "QuestionMark?", which was recently republished in May 2023. This critically acclaimed work, published under his banner FLUSH Publishing, was lauded by Jenny Shima, owner of the Literary Book store in Champaign, as "an authentic expression of a real-life lived with its dynamism, conflict, and beauty." Shima's review highlighted the book's unique and artful presentation, which combines text messages, poetry, photographs, and prose.

Following the success of his memoir, Mathews was invited to prestigious events such as the Schomburg Center Literary Festival in New York and the Black Authors Sag Harbor. He was also a participant in the Printers Row Literary Fest, where he was the only Black author who owned a publishing company—an experience he describes as "life-changing."

Mathews' commitment to mental wellness is at the core of his work. Since 2014, he has been the driving force behind KEEP PACE (Promoting All Causes Everywhere), an initiative dedicated to fostering open and honest conversations about mental health. By sharing his "lived organic experiences," he provides a vital source of connection and support, helping others understand and navigate the complexities of what he calls "the Mental Health War."

In addition to his written memoirs, Mark is a compelling spoken word artist. His projects include the spoken poem audiobook Triple Threat Love Letter, a poignant and honest exploration of love, loss, and the intricate tapestry of human connection. After losing his mother, Major Katrina Mathews, to pancreatic cancer, he created the audio zine project Death Before Achievement. This multimedia collection of non-fiction spoken word and visual accompaniments explores themes of death, struggle, addiction, and mental health.

Mark's latest work, the highly anticipated non-fiction memoir Christmas in July: The White Lie, audiobook is an unfiltered journey through profound deceptions, systemic illusions, and the relentless pursuit of truth. Set to be released by FLUSH Publishing, this audiobook delves into challenging themes of racial identity, betrayal, and systemic injustice, calling on listeners to confront uncomfortable truths and question prevailing narratives.

As a dedicated literary entrepreneur, Mark is a testament to the power of self-publishing and artistic independence. His collaboration with Semicolon Independent Bookstore, where FLUSH Publishing was an exclusive vendor for their block party, underscores a shared belief that "reading is a form of resistance against ignorance." He is currently on a book tour, connecting with audiences and sharing his message of empowerment and healing, with an upcoming performance at Da Book Joint in Chicago. Mark L. Mathews is not just an author; he is a living example of how one can transform trauma into art and a personal journey into a universal message of hope and resilience.