



JENN HECKER

Becoming a **real** woman in a **fake** world.

"I've faked my way through life as The Happy Fat Kid, The Perfect Daughter, The Perfect Girlfriend, The Party Girl, and others to hide the pain and shame of my lack of self worth. *Unmasked, Becoming a real woman in a fake world* is so much more than a presentation. Through engaging, relevant, and actionable content, I inspire people at every stage of their weight-loss journey to embrace the healing process of self-discovery and rebirth." —Jenn Hecker

Jenn Hecker is a devoted wife, homeschool mom, and the author of *Unmasked, Becoming a real woman in a fake world*.

Jenn is also a successful recipient of bariatric weight-loss surgery. She had the surgery on August 18, 2015.

A thorough researcher and relatable speaker, Jenn earned bachelor of arts degrees in Education and Psychology from Stockton University.



Jenn is refreshingly honest and discloses her personal struggles and victories. Anyone seeking life change, personal growth, a fresh challenge, or congruence in their life will benefit! Enjoy!! —Satisfied Customer

1-Hour Talks | \$325

The REAL Deal: An Intimate Look at the Toughest Obstacles After Bariatric Surgery
If I Knew Then ... Anticipate and Overcome Post-Surgery Challenges
Your New Relationship with Food
3 Practical Approaches to Setting Clear and Attainable Weight-loss Goals
Here's Looking at You: Preparing for Increased Personal Visibility
Moving Beyond the Plateaus: Find Courage to Break Through Barriers
The Mirror Inside: The Value of Personal Reflection and Assessment Journaling
Unmasked: Jenn's Compelling Personal Story

Half-Day Programs (3 hours) | \$525

For the Best of Your Life:

Session 1: Get Energized for the Journey Ahead

Session 2: Stay Inspired for Life-long Success After Surgery

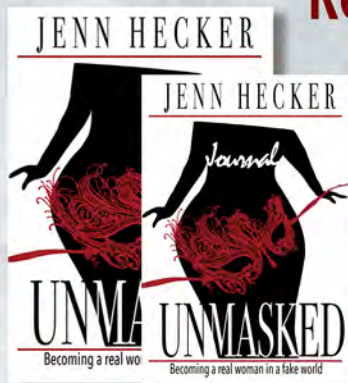
What's Eating YOU:

Session 1: Revealing the Causes of Self Sabotage

Session 2: Replacing Negative Self-talk and Behaviors with Confidence
& Tools for Reaching Your Goals

Participants walk away with a game plan and concrete steps for achieving their post-surgery goals

Reasons to Book Jenn Hecker Now!



- Enhance your system of care
- Provide clients with honest dialogue from someone who's "been there"
- Empower clients with information and insight for setting realistic expectations
- Augment your post-surgery support program
- Increase post-surgery success

- Fee includes 10 sets of Jenn's hardcover book & companion journal

Book Jenn Hecker Today

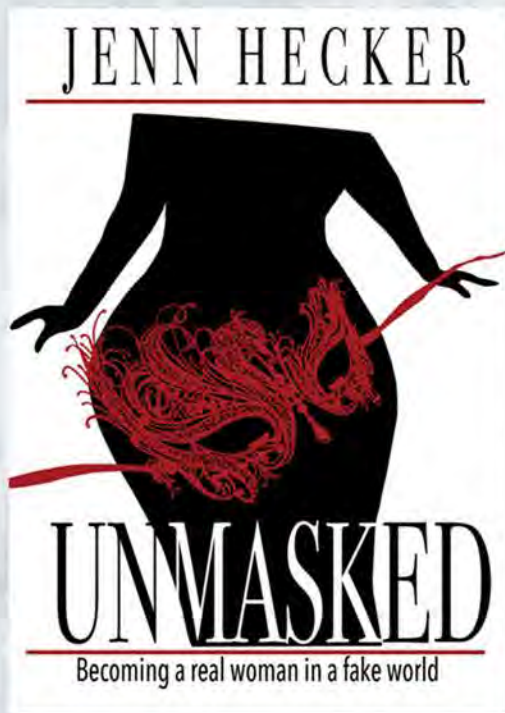
jenn@jennhecker.com

856-562-3728

www.jennhecker.com

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UNMASKED

Becoming a **real** woman in a **fake** world.

"I've faked my way through life as The Happy Fat Kid, The Perfect Daughter, The Perfect Girlfriend, The Party Girl, and others to hide the pain and shame of my lack of self worth. But Unmasked - Becoming a Real Woman in a Fake World is so much more than my life story. Unmasked chronicles my journey of self-discovery and rebirth as I shed masks of insecurity that I've worn since I was ten years old."

~Jenn Hecker

Who are you under the masks you wear? Baring her soul, Jenn Hecker draws readers along on the most difficult journey of her life. Motivated after weight-loss surgery, she shares how even more than shedding pounds, stripping away the masks she's worn all her life helped her overcome self-doubt to unveil the real woman within. Bariatric surgery sparked the process of physical and emotional healing for Jenn, but whatever the catalyst, *Unmasked - Becoming a Real Woman in a Fake World* offers encouragement and motivation on the journey to becoming the very best version of you.

Each month, Revealing Question, 21-Day Challenge, and Where I Go for Help sections inspire and support your own transformation while helping you develop a positive self-image and lay a foundation for building healthy relationships.

The *Unmasked - Becoming a Real Woman in a Fake World Journal* follows themes from the book, plus provides space to answer questions, journal your thoughts, and write your goals and achievements as you peel away the masks that hide your true worth.

About the Author...



Jenn Hecker is a devoted wife, homeschool mom, and author. She attended Stockton University where she earned bachelor of arts degrees in both Education and Psychology.

- April 22, 2017 1st Annual Love Thyself Women's Empowerment Brunch, Voorhees, NJ
- May 6, 2017 West Deptford Township Book Festival
- May 13, 2017 Washington Township Teen Expo
- Dates TBD Barnes and Noble Booksellers retail stores
- Unmasked VIP Facebook Group

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Jenn Hecker – Author Biography
Unmasked: Becoming a real woman in a fake world

Jenn Hecker was born and raised in New Jersey, where she attended The Richard Stockton State College of NJ (now Stockton University) and earned bachelor of arts degrees in both education and psychology. She married her high school sweetheart in 2000 and started working in the public school system. For six years she taught students of all ages, including high school students with special needs. At the same time, Jenn struggled to get pregnant for four years before giving birth to her first child, and it was another five years before she had her second. She and her husband worked opposite shifts to make being a stay-at-home mom work for their family, but Jenn chose to leave teaching after her first son was born in order to devote all of her energy to caring for him. She began homeschooling him at age two, and has homeschooled both of her boys for the past ten years. Though she admits she may not love every minute, she has never regretted the decision to educate her children at home.

In recent years Jenn discovered a love for writing and blogs about her real life in what she calls a fake world—one filled with unrealistic images of what the perfect woman should be. She encourages women to be their best selves, regardless of what anyone else thinks. Growing up, she struggled with being overweight and all of the emotional issues that come along with that—including hiding behind "masks" she created to protect her feelings. On her blog she shares how she overcame those challenges to get to the life she enjoys now. Through her book, blog, and website, Jenn inspires women to discover themselves for real, and to recognize that hiding behind a fake persona or mask is not truly living.

For more about Jenn Hecker, visit www.jennhecker.com.
Email: bloggerunmasked@gmail.com



Arts & Entertainment

Chick Chat Takes Over The ChangeMakers Radio Show With Guest Host Jenn Hecker Discussing : “Becoming a Real Woman in a Fake World”

By TAPINTO EAST ORANGE/ORANGE

June 7, 2017 at 9:19 PM

EAST ORANGE, NJ - The mission statement of Jenn Hecker’s debut biographical novel is, “Unmasked: Becoming a Real Woman in a fake world.”

From childhood to adulthood, from the classroom to the workplace, Jennifer spares you no important detail as she walks you through her lifelong struggle with being overweight. Through her eyes you see the hostile world we live in, the terrors of creeping self-doubt and how it can result in self-sabotage, and physical agony a human being suffers when the body is unhealthy, the pain that no one else can see. However, the purpose here is so much deeper than simply to cover one human being’s suffering. By taking this retrospective journey with Jenn Hecker, you not only enter the world of a struggling woman, but learn one vital lesson from it all: how she overcame it.

Unmasked is a compelling story that introduces you to success through perseverance. See how a timid young child, who was obsessed with donning masks of perfection to hide her fears and shortcomings, was able to finally remove her last mask and show the world (and her family) her true face. A person who begins as a young child against the odds can become a loving mother, cherished wife, and successful member of the American workforce.

Hecker is not telling this story for her own sake, but for yours. Being sold in bookstores alongside Unmasked is the Unmasked journal, filled with numerous 21-Day Challenges designed to help you take a cleansing and inspiring journey of your own. Trust in Jenn’s guidance and take the challenges. See how the transition does not occur overnight, but in just a day you can feel your life beginning to change. Step by little step. If you are a person who struggles with being overweight, with feeling like you have to hide your true face from the world for any given reason, this book is what you have been waiting for . If you are a person who has worn masks for so long that your true face is a mystery even for yourself, Unmasked can help you find that answer.

About ChangeMakers

The ChangeMakers Radio Show has been making waves since it aired in October of 2015. Each week it features politicians, entertainers, filmmakers, and entrepreneurs alike along with other very notable guests. The co-hosts Royston Allman, Rebecca Saint Louis, and Eric Perryman bring a combined twenty years of experience in broadcasting. Every Saturday you can hear them engaging in enlightening discussions with news-makers from across the country and abroad about the issues of the day.

It airs every Saturday from 10am -11am EST on 107.9 FM. In Studio Call In Lines: (973) 672- 1271 & (973) 677- 3753 You can also tune in online for Facebook Live on the The ChangeMakers Show

Page, www.rth2000.com or via phone at (712) 832-2637

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