



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

Connect with Jenn Hecker on   

ORDER NOW:

ISBN: 978-0-9976846-0-5 (Hardcover)

ISBN: 978-0-9976846-1-2 (E-book)

ISBN: 978-0-9976846-6-7 Journal

Publisher: Sevenhorns Publishing

Format: Hardcover, 102 pp.; Journal, 110 pp.

Trim: 6 x 9 in. or 229 x 203 mm Hardcover 7 x 10 in. or 254 x 178 mm Journal

Price: \$24.99 Hardcover; \$13.99 Journal

Publication Date: December 20, 2016

Distributor: Ingram

Category: FICTION | JOURNAL

SEL014000 SELF-HELP / Eating Disorders & Body Image

BIO022000 Biography & Autobiography: Women

SEL045000 SELF-HELP / Journaling



www.sevenhornspublishing.com

