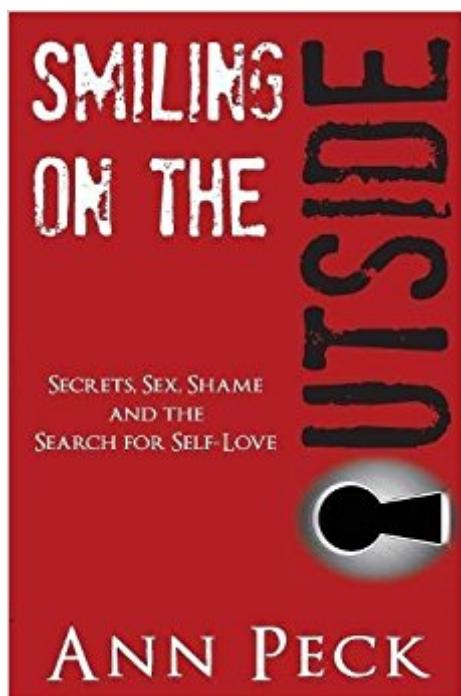


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# Smiling On The Outside: Secrets, Sex, Shame And The Search For Self-Love



## **Synopsis**

A four-time award-winning book. There is no safety in silence, only the loss of "self." We hide our dirty little secrets because we fear the judgment of others. Alone, we ask "Can I bear myself? Can I stand the truth?" Until we shatter our secrets and share our stories to be released from shame, we cannot find the freedom, joy, and love that's waiting for us on the other side. Picking up the pieces after the emotional and financial devastation, Ann Peck revisits the hidden stories that shaped her self-concept and self-doubt. Anxiety, rape, domestic violence, a husband's sex addiction, failed relationships, codependency, resentments, and sexual shame, they're all there in her unblinking search for empowerment and self-love. Recipient of FOUR National and International Book Awards Winner -- The National Indie Excellence(R) Awards for Sexuality Finalist -- The National Indie Excellence(R) Awards for Women's Issues Finalist -- The Next Generation Indie Book Awards for Relationships Finalist -- International Book Awards for Self-Help: Relationships

## **Book Information**

Paperback

Publisher: Curvy World Media LLC (June 6, 2017)

Language: English

ISBN-10: 0998445533

ISBN-13: 978-0998445533

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 15 customer reviews

Best Sellers Rank: #290,981 in Books (See Top 100 in Books) #28 in Books > Politics & Social Sciences > Social Sciences > Human Sexuality #236 in Books > Health, Fitness & Dieting > Mental Health > Codependency #379 in Books > Self-Help > Emotions

## **Customer Reviews**

Advance Praise for Smiling on the Outside "What Ann does in this book, is what we as therapists dream our clients will do in a lifetime of sessions. She says with compassion for herself, what most want to hide - and hide from." --Dr. Theo Tsiaousides, Author of Brainblocks Overcoming the 7 Hidden Barriers to Success "With courageous raw self-examination and astounding awareness, Ann has thrown wide the locked chamber of her silent, secret life, giving us hope for living in Joy with true and lasting transformation." --Bob Wakitsch, Co-Author of The Midas Touch "Smiling on the Outside is captivating. Ann has a very powerful voice and I celebrate her courage to share her

stories so others can know they are not alone." --Ann Aubitz, Author of The Many Faces of Down Syndrome "Smiling on the Outside is a beautiful journey of truth, unabashed self-discovery, and introspective exploration of what it means to say the words, "I AM." The ease with which Peck shares her story and provides nuggets of wisdom that you can sink your emotional and intellectual wisdom into, gives readers the room to breathe into their truth, through the inspiration of honest, transparent, storytelling. As the saying goes, "Your truth shall set you free..." as will learning to smile on the inside." --Rick Clemons, Motivational Speaker and Author of Frankly My Dear I'm Gay "She's written this book for all of us who say, "Me, too" when reading her words, giving us permission to stop hiding our shame." --Lisa Van Ahn, Author of I AM...A Girl's Guide to Harnessing Super Powers

Ann Peck is a clinical sexologist, skilled sex and intimacy coach, writer, dynamic keynote speaker and host of the popular Straight Talk for a Curvy World podcast. Ann's mission is to help you remember you're not alone, you're not the only one, and you're not crazy either. A frequent contributor to Huffington Post, Ann has been interviewed and had her work feature in numerous places, including The Good Men Project and Silence Speaks.

Ann Peck shares her personal stories of sex and shame with great courage. Her example of moving forward with her life by using the transformative power of self love is inspirational. She reaches out to her readers offering to hold the space for their "Me too! " moments. This is a powerful and well written book that I highly recommend.

In this captivating book, Ann Peck reminds us that when you share your deepest, darkest secrets (you know, the ones that are filled with shame, guilt, and fear that if anyone knew what you did they would immediately run the other way!) you will find out that "You're not alone, you're not the only one and you're not crazy either." I applaud Ann for her courage to have this type of raw, in-depth personal conversation that will bring relief and hope to anyone who reads her story. It's the perfect summer vacation or weekend book to take a few hours and spend some "me" time. I cried, I laughed and I smiled the whole way through.

I haven't been through what you have but definitely had those "me too" moments when reading it and I loved the Mirror reflection sections after each chapter. Thank you for having the confidence, courage, resilience, grit, power, fortitude, backbone and pure guts to continue on and share and

help! I honestly could see every woman reading this and taking away something from college age on up.

We've all watched people either on Facebook or in real life where they appear to have it all together with the perfect husband, family, house, career...life is perfect and we are jealous! Ann does an amazing job of expressing how a person will hide what they are really going through by smiling on the outside and making it appear that life is great. She does a fabulous job of telling her stories and showing us that we are not alone and we are worth more. Her IAM statements and Me Too moments are felt throughout the whole book and really make you feel a personal connection even if you haven't experienced the exact same situations. I really feel that this book will help a lot of women who have experienced life events that have made them feel shameful, embarrassed and alone.

I read this book in one evening. I found Ann's strength in sharing her story a gift. Everyone has secrets and Ann shared her deepest, darkest, secrets with us. As a retired school counselor, I know one can not heal unless you let it go and tell someone you trust and know will truly listen. The secrets can and do destroy many. Ann showed that it is important to get secrets out so you can heal and learn to love yourself. It is not easy, and Ann I commend you on your strength. It is a women's story. However, I know many men who have sex shame and don't dare open up for fear of disgrace. This book is for anyone who has secrets and feel shame and guilt. Talk to someone and know you are lovable.

Author Ann Peck showcases her talent for the pen with the captivating read, Smiling on the Outside. One sure fire way to know you are encounter a good story-teller is when you start pushing aside whatever else you had going that morning in order to keep reading...all of a sudden there is nothing else but the book! She crafts this true story with care. Never once leaving the reader isolated or to wander in the cracked open recesses of their own emotions and tragedies; Peck gently picks us up at the end of each chapter, reminding us that we are all in this together, we all have more in common than not and there are ways to work through it. Let us note her ever thoughtful outline of the book with wisely placed resources and reflections. This book has a mission, powerfully written, full steam ahead--it wants to be heard. Share this book with women and then begin the conversations of healing that so many of us need.

This story was an eye-opener for me. I may not have been in the same situations as the author but the insights brought forward in Smiling on the Outside transcend into many aspects of all women's lives, fears, and emotional quotients. When experiences teach you that others' needs are more important than yours, how do you find a voice to stand up for yourself? This book is an amazing sounding board for women who have been silenced by the need to not rock the boat. It's time the silence ends and we learn to talk. Thank you for sharing this story.

None of us is able to change the past, and we must go on and deal with things that have impacted our lives. Ann Peck has confronted the secrets, sex, and shame of her past and helped readers search for healing self-love. With courage and bravery, she has pulled together a stunning book about finding the way to better health and positivity. Loved the I AM habits.

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