PRESS RELEASE

Can You Handle the Bare Naked Truth?
Debut Author Bekah Hamrick Martin Offers Honest and Helpful Advice on Purity to Teen Girls


In the book, Martin, 29, who has been working in youth ministry since she was a teen herself, offers advice to teens who often encounter powerful peer pressure in today’s society. She shares her own relatable (and often entertaining) experiences of abstaining from sex until she was married to help adolescents who struggle with virginity and God’s plan for them. Martin takes a unique peer-to-peer approach with her audience and looks at purity through a satirical and edgy lens that teens crave in contrast to a number of books that tend to be more mentor-student in taking on the subject.

In her own friendly and uplifting way, Martin leads a safe conversation with her readers, letting them know that they’re not alone in their fears, desires or mistakes. *The Bare Naked Truth* also features candid testimonies from well-known personalities, such as *Perfectly Unique* author Annie Downs, *Sisterhood Magazine* editor Susie Shellenberger and “Living Inspired” host Tricia Goyer. They reveal their own trials and triumphs regarding purity, boys and choosing to be single.

To clear up further some of the popular misconceptions about purity, Martin offers perspectives on the subject from both teenage boys and married couples. She also answers some of the most common questions teen girls have on the topic. “I’ve worked with thousands of teens over the past 10 years through youth ministries — and the most common questions I’ve heard are related to sex and/or relationships,” explains Martin. “Coincidentally, those questions are the same ones I wish I’d have known the answers to as a teen.” Some of those include:

- How far is too far?
- Will God forgive you if you end up having sex before you’re married?
- How do you resist temptation?
- What are the advantages/disadvantages of waiting?

Whether it’s the idea of “friends with benefits,” seeking love through sex or building a relationship with God, Martin dishes advice that is both truthful and comforting. By the end of *The Bare Naked Truth*, teens will feel enlightened, empowered and more secure in their decision to forego premarital sex. After all, as Martin writes in the book, “When you find the right guy, he will be worth all the risk-taking and waiting in the world.”

Bekah Hamrick Martin will host a live Facebook Author Chat on June 20 at 8:00 PM EDT where she will be answering questions from teens and parents alike. Prizes, including copies of *The Bare Naked Truth*, will also be given away during the hour-long web event. For more information, watch the author’s Facebook Page (bekahhamrickmartin).
About the Author

Bekah Hamrick Martin was born in Savannah, GA. It was during her high school years that she developed a taste for chocolate and sarcasm, which she carried into college and through ten years of subsequent youth ministry. She also knows a thing or two about waiting, whether it be her escape from high school or the right guy.

Martin has served as a mentor and counselor to children of prisoners through Child Evangelism Fellowship®, as well as other branches of the ministry. Today, Martin shares her experiences of growing up with teens from around the world through her blog, www.bekahhamrickmartin.com, and articles for various publications such as Focus on the Family magazine.

Her most talked about issues include healing and surviving the adolescent years. She lives in North Carolina with her husband, Ethan, and their Tiny Human, Zoey Bree.

In addition to her website, readers can also follow Martin on Facebook (bekahhamrickmartin) or via Twitter (@bekahhamrickmartin).

Suggested Interview Questions

- Tell us about your journey and what led you to write a purity book for teens.
- What makes The Bare Naked Truth different than other books in stores with a purity message?
- Throughout your book, you share the testimonies, struggles and lessons from various people. What insights did you gain from their stories?
- What’s one thing you wish someone would’ve told you when you were a teenager?
- What are practical steps girls can apply to their everyday lives to remain pure?
- You offer quizzes, questions or space for reflection at the end of each chapter. In what setting do you hope readers will use this book? Individually as a devotional or in a small group to promote discussion?
- What are some ways parents can get involved without invading their daughter’s privacy or scaring her away?
- Who or what was influential in your decision to save yourself for marriage?
- How did you meet your husband?
- Do young people today really face different challenges with dating and waiting than their parents or any other generations, or is the ages-old battle mankind has always faced?
- In a world that views woman as sexualized objects, how can we teach young girls they’re worth so much more?
- How does pop culture (music, TV, magazines, etc.) affect girls’ mindsets and self-esteem?
- Can you tell us more about your ministry to teens?

Bekah Hamrick Martin is available for interviews to promote the release of The Bare Naked Truth. To request a review copy, schedule an interview or for more information, please contact Audra Jennings, audra@litfusegroup.com.