

# Why Can't I Just Be Happy? What Am I Missing? When Will I Finally Have What I Want? Do I Even Know What I Want? Why Not?

*Unmasked* reveals a problem so pervasive few of us escape its grip – the problem of self-alienation from our deepest and truest nature. By offering specific, step-by-step solutions to reclaiming our authenticity, Catherine Duca takes us beneath the psychological masks we wear, such as *people-pleasing*, *over-apologizing*, and *fixing others*, and leads us toward a clearer, more confident relationship with ourselves and others.

Learn powerful and exciting techniques for releasing not only buried emotions but hidden greatness and discover the untapped power of your true self!

*“Unmasked, quite literally, challenges the way we see ourselves. It is an honest look in an unfogged mirror. Taking us through a process of deep reflection, the self we see in the mirror by the end of this uplifting and empowering book is nothing short of a self worth knowing and a self worth loving, fiercely.”*

—Puja Kanth Alfred, Counseling Psychologist,  
EFT Master Trainer (EFT International), India

*“Unmasked takes the reader on a journey with simplicity and compassion, showing the way to access understanding and self-acceptance. Then, it provides a tool for healing. By the last pages, you may hear yourself saying, “I am what I am and THAT is okay!”*

—Loretta A. Imbrogno, RN, DC

*“Unmasked will shine a spotlight on an easily overlooked truth: you deserve to be your own priority.*

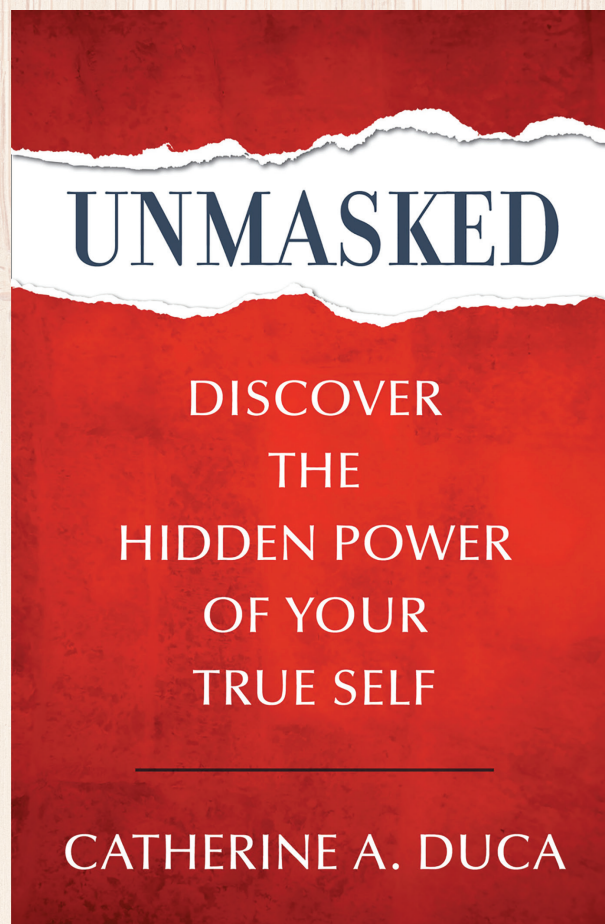
—Michael Markey, Educator



Catherine Duca, LCSW, is a sought-after Self-Esteem Expert, Author, Speaker, Trainer, Psychotherapist, EFT (Emotional Freedom Techniques) Practitioner. Her passion is helping her clients and audiences with big ideas and dreams find the inner confidence they need to pursue and achieve them. Her motivational style has been described as one-part spin instructor, one-part empathic friend, one-part insightful guide. After earning an MSW from Rutgers University, she studied at the Institute for Accelerated Empathic Therapy in New York City where she later joined the faculty and trained other therapists in transformational healing modalities.

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Individuals – your favorite online or local bookstore**



6 x 9 250 pages

ISBN 978-1-7360375-0-8 soft cover \$16.95

ISBN 978-1-7360375-1-5 ebook \$9.99

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