



LYNN KERCHHOFF

AUTHOR

Lynn Kerchhoff describes herself as a wife, mother and warrior woman! She is the proud author of *My Shack*, a beautifully written autobiography about being a survivor of sexual assault.

My Shack tells Lynn's story of growing up in Athlone on the Cape Flats, Cape Town with all its accompanying malfunctions. Written against the backdrop of poverty, alcoholism, lack of education and violence - all of which are still prevalent on the Cape Flats today.

Her life is upended when she, on the cusp of adolescence, suffers sexual assault at the hands of a trusted family member. She describes in detail how the tragic incident unfolded whilst taking the reader on a journey that evokes emotions that are hard to articulate. Some of the chapters are described in heart-wrenching detail which leaves the readers in want for more.

However, this autobiographical text is about more than just sexual assault. It offers a glimpse into the banality of violence in South Africa's suburbs, the complexities of intimacy among family members and the contradictory emotions that accompany rites of passage for women: from puberty, to marriage and mothering.

“Some do their duty; others fail dismally. By telling her story within the broader context of a fragile community and a faltering country, the author reminds us of our solemn duty towards each other as South Africans” -

Professor Jonathan Jansen (Stellenbosch University, Cape Town)

Reading My Shack takes you on a journey of how good triumphs over evil, joy replaces sorrow and how despite it all there is always hope. Lynn shares what it means to work through one's past trauma, whilst growing in one's sense of self and faith. It is truly as the subtitle suggests, a story of hope!

“Her work stands out to all women as a beacon of hope - and we all need hope to be able to move forward. In our time of *#metoo* and *#blacklivesmatter*, this work is so needed. We need to read this life story. It will inspire and encourage us” -

Dr Marcelle Mentor-Favors (Columbia University, New York)

Her wish is that as you embark on this journey with her, that hope will light the dark areas within your soul and that you will begin to experience the healing, the joy and the fulfillment of all that life has to offer. With Lynn telling her story she hopes to inspire, to encourage and to say that despite it all, she emerged and so can you!

This is what she has to say

“I am an ordinary woman, but I chose an extraordinary path because I see the value in sharing our stories. It edifies and motivates, it encourages us to face our fears and in so doing, we can become whole. As much as healing is a process, it is also a choice. Similarly, forgiveness is a choice as well as a daily walk. Loving yourself is a choice. For many years, I lived my life according to what I thought people thought of me. I was never good enough. I always felt as though I didn't have enough money, that I wasn't slim enough or smart enough. My hair wasn't the right strand and I didn't wear the latest fashion. I allowed external factors to dictate who I was and I started to believe the lies of my inadequacy. I am here to say that that is the past. I overcame and found the authentic me. There is immense power in embracing who we are.

We can only begin to do this when we become quiet in a way that drowns the murmuring voices of the world and centre our being. My Shack is a culmination of this journey” - **Lynn Kerchhoff, Author of My Shack**

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