

Sonya Visor

PRESS KIT



**WHO
I'VE BECOME**
Is NOT Who I AM



**It's time to
TAKE OFF THE MASK...**

Sonya Visor

**IT'S TIME TO
TAKE OFF THE MASK!**

*What people see is the face
that you have become...!*

*Wearing a Mask is a powerful thing! We all
have worn a mask at one time or another in
our lives. The danger is when YOU can no
longer be seen...*

**Who I've Become
IS NOT WHO I Am!**

AVAILABLE IN STORES NOW!

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Sonya Visor



About the Author

A vessel of God who is Real, Transparent, Anointed, “Compassionate but Tough” – these are a few words to describe Co-pastor, playwright, workshop presenter, conference speaker and author Sonya Visor.

Sonya Visor is the co-pastor of New Covenant Church, Racine, WI. She is a powerful preacher and teacher of the Word of God. She is the president of CHP – Covenant House Press, a Christian publishing company that produces books, plays, greeting cards and DVD entertainment that bring glory to God.

Sonya shares her heart with her husband, Pastor Tony Visor, who she calls her better half, for twenty years. She and her husband have ministered effectively in the city of Racine together at NCC since 1999. Sonya is blessed to love two sons, Jason and Tony, Jr.

Who I've Become is NOT who I AM, is Sonya's first non-fiction book. Her passion is to minister to the people who hide behind masks. Sonya's calling is to break and destroy the yokes of bondage, releasing the power of God into the lives of others by the preached Word and prayers of deliverance. When you can find the strength, to step into who you truly are; you can find the strength to BE THE (TRU U). TRU U is the women's ministry that God has charged her with to help other's become free.

Sonya's heartbeat is especially for women who are broken, knowing that God is the only one who has made her whole. God spared Sonya's life from her own hand as her eyes were open to the fact that she couldn't live a life behind a mask. God now uses her voice and writing to minister to the needs of others by telling them and showing them how to TAKE OFF THE MASK. Suicide, in any form, is not an option – it's time to live!

Her first published work, **The Check For \$3.96**, is included in an anthology entitled **Blended Families**, published by **Pen Of the Writer** and edited by Valerie Coleman. Sonya has also been blessed to have her fiction story **Love me for Who I am** included in the anthology **The Midnight Clear**, published by KNB publication. The anthology is of several short stories, including contributions written by Essence Best Selling authors who are nationally acclaimed: Patricia Haley, Kendra Norman-Bellamy, Tia McCollors, and Stacy Hawkins Adams.

Her plays which she has written and directed include the following: **LEFT; Love; He Got Up, Now let me; Say, Amen at the Club; We only do that on Sundays, Silence is NOT the answer** and **Church Folk** (November 2010). Visit Sonya online at <http://www.sonyavisor.com>.

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About the Book

Who I've Become is NOT Who I AM

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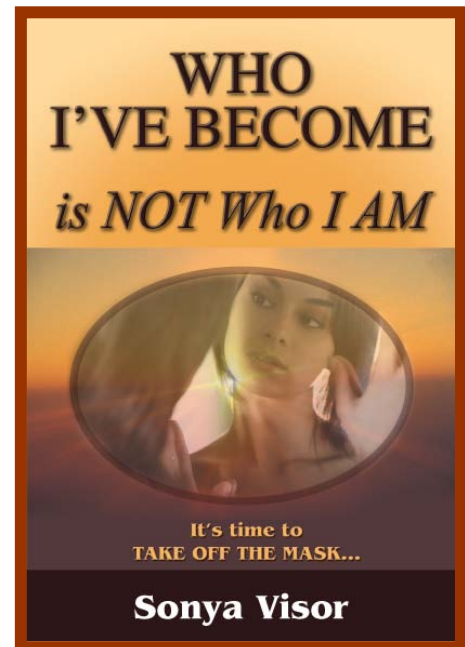
\$12.99

Who are you when nobody's looking? It's time to take off what hides who you truly are... the mask! Are you tired of going around family, friends and church folk with a frozen smile and a broken heart? Unmask your true identity and learn your real name as pastor's wife and playwright Sonya Visor cuts to the heart with dynamic testimony of sexual molestation at a young age.

BEING SILENT GAVE POWER to the hands that touched her life. Can hands meant to protect you also have the power to crush your identity? YES! But when we stop allowing a mask of shame to hold us captive with CLOSED mouths, WE CAN let Jesus be real in our lives.

Discover who you have become and embrace who you really are in a book that goes past the pews and what others think about you — to bring glory to God by being transparent and transformed. It's time to take off your mask and let the true you show up!

[CLICK HERE TO READ AN EXCERPT](#)



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7 WAYS TO KNOW THAT THIS BOOK IS FOR YOU...

- 1** **If you think that you've never worn a mask...**
This book will show you that you have.

- 2** **You want to know how to be the TRU U 24/7!**
This book shows you how I took off my mask!

- 3** **You or someone you know was sexually abused or molested...**
Silence is not the answer!

- 4** **Have you ever wanted to give up to the point of death... suicide?**
In the middle of my living room floor, death was broken! My 4 year old son was sent...

- 5** **You've been hurt and don't know how to move forward...**
This book will give you an idea of where you stopped!

- 6** **You'd rather keep quiet than have folks in your business...**
I hear you... but I almost died keeping secrets. This book shows another way!

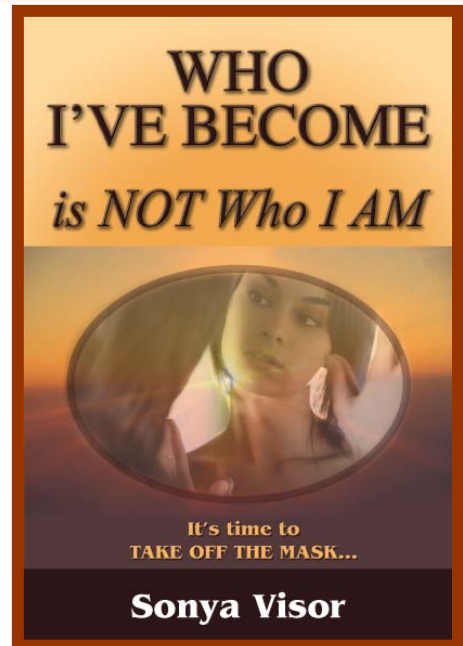
- 7** **You want to hear something other than "churchy" words such as: "I'm praying for you", "Just trust the Lord" or "Pray about it!" These are all good, but you need something NOW! Not to mention the person offering the advice... need a little bit of help themselves... Be Free from others!**

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What Readers Are Saying

Raw and moving **Who I've Become Is NOT Who I Am** is one of the best books I've read in a long time. Visor has penned a powerful message that will transform your life, free your soul, and liberate you from your past to propel you to the bright future God has planned for you. Highly recommended for personal reading, gift-giving or group study!

-- Marina Woods, Editor-in-Chief, goodgirlbookclubonline.com



(5 STARS) Molested by close, trusted family members at a young age, Sonya felt compelled to hide behind a “mask” of shame for years. When she decided to break the oppressive grip that her continued silence held over her life, she was finally able to embrace the power within and march confidently toward the fulfillment of her divine destiny. Throughout the pages of **Who I've Become Is Not Who I Am**, author Sonya Visor shares her personal story as a means to help liberate others who may find themselves stuck in the same mental and emotional prisons from which she finally managed to escape.

Powerfully straightforward, **Who I've Become** is bolstered by life-affirming personal testimony and applicable biblical scripture. Taking on a range of different topics, Visor proves to be a sage observer of the human condition in offering keen insights and sound advice geared specifically towards the ultimate goal of spiritual healing. As a first-hand witness to the self-destructive ramifications of a life lived in perpetual pain, Visor effectively serves as a spiritual ambassador for those struggling to shed their emotional and psychological binds, and her inspiring story of survival goes a long way toward leading them down the road of ultimate redemption.

Timely, uplifting, and encouraging, **Who I've Become Is Not Who I Am** is a much-needed balm for the spiritual ailments that plague us all. Strongly recommended.

-- Reviewed By Dominique Sessons, APEX Reviews

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Who I've Become is NOT Who I Am is a powerful testimony of one woman's journey from a mask of secrets into the glorious healing power of Jesus Christ. This book encourages readers to get beyond going to church and going through the motions and into true freedom. Discover your authentic identity in God and unmask the real you!

-- Marilynn Griffith, founder *SistahFaith, Inc*, author of *Rhythms of Grace* and *If the Shoe Fits*

"You have a really powerful testimony! I'm so looking forward to seeing your ministry grow and touch the lives of women.

-- Tyora Moody, *Tywebbin Virtual Book Tours*, www.tywebbin.com

The sustaining power of God's grace is exemplified throughout Sonya Visor's life, as evidenced in the gripping pages of **Who I've Become Is NOT Who I Am**. Many readers will no longer feel compelled to hide the internal pain that only they know exists in their lives. I foresee a stripping away of dead weight and the burying of said ills after consuming this heartrending testimonial. I could not close this book until the very last page was read.

-- Lynel Johnson Washington, *Freelance Editor*, www.lyneljohnsonwashington.com

Who I've Become is NOT Who I Am is a book that will help anyone on their journey to becoming whole in God by first finding or acknowledging the root of the problem. How important is it to talk about the problem; friends and relatives can be a help, but sharing with God, the One Who created us and knows all and can fix all.

-- Sharel E. Gordon-Love, *APOOO Book Club* ([read full review](#))

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Suggested Interview Questions

How did you get to the point of suicide?

It was the weight from keeping all of the secrets. It wasn't necessarily the abuse that I endured as much as holding what happened to me on the inside that held me captive. That was my foundation in life: covering everything up. I would allow people to only see only the perfections; not the mess in my life.

Is "Take Off the Mask" based on personal experience?

Yes, taking off the Mask is truly based on my own experience. My masks were the secrets. In order to be liberated I had to acknowledge where I was in life. I had to look at the secrets, the wounds and allow them to be seen in a safe place. Asking the question: Why did I mask? I was ashamed of what happened to me and I didn't want anybody to see "my stuff". It was easier to say, "I'm alright", then to say this is where I am. Taking off the mask **does not** sweep abuse, divorce, hurts under the rug; no this freedom says what it is and then deals with life.

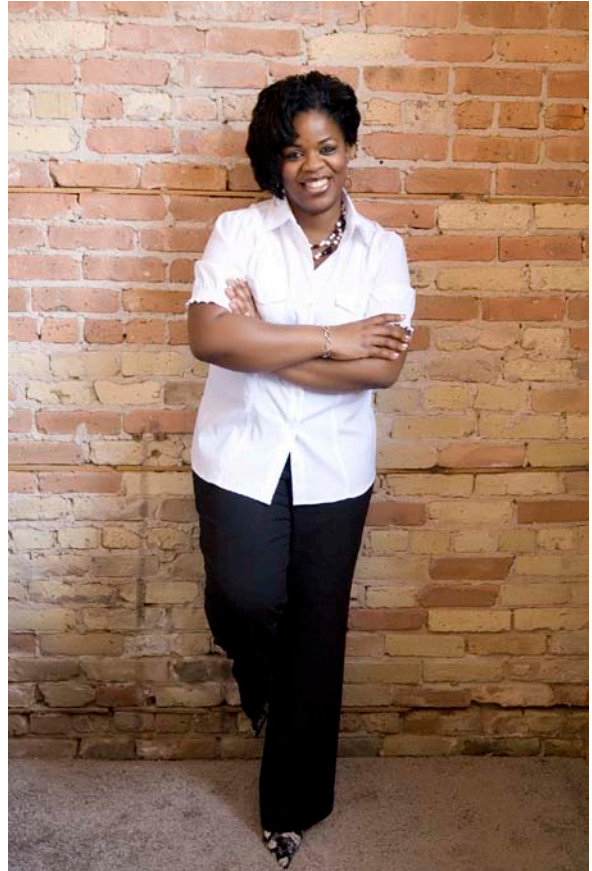
What made you decide to open up your life to the world about your sexual abuse?

It had to be God, because this is not something you just yell from the roof top LOL! I know it was divine.

At that time, I couldn't fathom others dealing with suicide or depression. I felt so alone. I believe that it was put inside of me to share my story, which has been confirmed by the response that has been overwhelming. There have been so many to open up and finally tell someone their story.

Was your husband a big support in you writing this book?

I must say that my husband has been my number one supporter. In fact, he was the first person who I could truly be real with when were dating. He had to get pass some apprehension because the book is a tell-all kind of book, but he gave the nod. If he had not been okay with this project, I wouldn't of bared my soul to the world; just my inner circle of people.



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Why did it take you so long to tell your parents about the sexual abuse?

I still ponder that question because of the kind of parents that I have. They would have removed us from the caregiver's home in a heartbeat. My abusers instilled the words, "keep quiet and "don't tell anyone our secret" so much that I bought into it.

We were safe at home. When my sister and I would come home from the sitters I dropped everything I endured at our front door. Home was my safe haven and I didn't want to mess up the atmosphere in our house. So, I remained quiet about the hands of my violators.

When you finally told your parents what you had been through what was their reaction?

I told my mom, with no details, before I told my dad. I was like, "Mom, I think you need to read this book before it hits the shelves." So, she did and she was angry. My dad knew but he didn't really know the extent of the abuse. He pretty much picked up the book and started reading it. He called my husband (his pastor) at work one day and just completely 'went off' venting his anger. I was told to call him when I got home from work that day and he told me that I should have told him and I said, "Dad, I know."

Where did you find the strength to open up your life to others?

God gave me the strength to forget about what others would think about me. God is my judge. If finding courage by opening my mouth will help my sister to live one day longer then I choose that - over someone else's opinion. Silence is definitely not the answer.

What impact do you think your book will have on the traditional church?

The book will hopefully be an eye opener to the church in more ways than one. I tell of my experience of being judged, and talked about in the house of God. I realized that people really didn't want to see the wounds that were bleeding in my life. I believe it was because they really didn't know how to deal with me. After all, most "church people" go in looking the part so how can they admit that there's something wrong when everybody is "okay"?

If you could speak directly to someone who is going through what you did; what would you say to them?

Each person is different, so each response is unique as well. I would tell them to look at their situation and call it what it is. This causes the person to acknowledge their secret. You can't look at something you are pretending is not there. Then I would encouraged them to find a safe place, my place was with God. Feel the pain and then deal with it are the basics. It's about going through the process.

Who would this book "speak to" and why?

If you have ever said, "I'm alright" or responded, "I'm fine" when you knew that you were not, this

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book is for you! This book speaks to those struggling with suicidal thoughts, depression, identity and self-esteem issues, those who have covered abuse of any kind and the church community. I believe that we've all worn a mask to different degrees at one point in our lives. Even if you have not encountered those things you will see yourself in the pages of this book.

How do you balance writing and family life?

My family is the number one priority for me. If there's a need, I'm there for my family first. My writing fits into the space of time that is left over to get the job done after family, ministry and working a full-time job.

What do you hope readers will learn/discover from reading *Who I've Become is NOT Who I Am*?

Silence is not the answer is the underlining statement in this book. My silence almost killed me until I decided to confront the suppressed issues. I hope that readers would look at where they are in life and evaluate this question, Who have I become? What am I masking?

Whether the reader is someone who has low self-esteem, been through or going through a divorce, a sexual or physical abuse survivor; it is time to uncover issues and deal with them. Looking at "it" not sweeping it under the rug is the way to be true to you. It can no longer cause you to become someone that you are not when you take off the mask.



Tell us about TruU Ministries.

TruU was birthed from *Who I've Become is NOT Who I Am*. It's the message of being the true person at all times. No more hiding behind masks, false identities but becoming who you were created to be. We deal with real issues and the messages are raw and uncut. TruU is a mirror for people to see their lives for what they are. For more information, visit <http://www.TrUMinistries.com>.

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Awards & Recognitions



Bestseller for Non-fiction at the 2010 Dayton Book Expo

Media Appearances

Print

- [Taking off the mask: Pastor's wife hopes her own story of despair and rescue will help others](#), *The JournalTimes.com*

Radio Programs

- [Black Authors Network](#)
- [PWICU Radio](#)
- ["From The Heart & Soul" with Lady Serenity AKA Author & Poet Rachel Berry](#)
- [WordThirst Literary Journal and Author Showcase](#)