

Contents

A Letter from Jen	5
Introduction	7
Week 1: The First Lie	11
Week 2: The First Truth	29
Week 3: The Second Lie	45
Week 4: The Second Truth	61
Week 5: The Third Lie	74
Week 6: The Third Truth	87
Week 7: The Fourth Lie	103
Week 8: The Fourth Truth	116
Week 9: The Fifth Lie	131
Week 10: The Fifth Truth	141