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Christina Hecke
Let's Be Honest
My Glimpse Behind Our Lives

ISBN: 978-3-8436-1218-0
Patmos Verlag
Hardcover with dust jacket
272 pages
Format 14 x 22 cm
EUR 24.00

- Insights into the breathtaking life of the popular actress
- Life-enhancing convictions of a sensitive contemporary woman
- How to treat each other in a respectful way

The actress Christina Hecke impresses with her sensitive, caring and simultaneously intensive approach, which she also teaches by means of the Hecke Method: Truth in Acting. The background of this attitude is the conviction that we human beings already know from a very young age how we are connected with each other and with all of life. This is an intuition that we often lose, yet it is an indispensable condition for really being able to encounter each other.



In "Let's Be Honest," Christina Hecke talks about her life and describes how her realisation of this connection with everything has matured – through a near-death experience, among other events. Based on the stages of her biography, she poignantly describes what effects this glimpse behind our lives can have in a very concrete way: privately and professionally, socially and globally.

This book encourages readers to trust their own intuition and engage in a deep connection with other people and the world around them.

About the author

Christina Hecke is a German theatre and film actress. Born in Stuttgart in 1979, she first studied law before switching to the Mainz School of Acting in 2003. From 2006 to 2009, she was an ensemble member of the E.T.A. Hoffmann Theater in Bamberg. For television, she played leading roles in top-class productions and was involved in cinema films and the first German Netflix production. For more information, please visit

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