

# Premiere of 'Cracked', A Film Redefining the Conversation on Mental Health

*Transformational coach Jessica Zemple announces her documentary, "Cracked" exploring mental health and her life coaching philosophy through her personal journey*

LOS ANGELES, CA, UNITED STATES, November 26, 2024 /EINPresswire.com/ -- Transformational

“

The release of "Cracked" is not just the unveiling of a personal story, but a call to action to view mental health with empathy, understanding, and openness.”

*Jessica Zemple*

coach, seasoned speaker, and best-selling author Jessica Zemple is proud to announce the release her documentary, "Cracked,". The film is an extension of her renowned life coaching philosophy, utilizing her personal journey to challenge and change the prevailing narratives around mental health.

"Cracked" delves into Jessica's intimate and challenging life experiences—growing up in an abusive home with a parent suffering from schizophrenia, surviving a traumatic brain injury in the mountains of Nepal, and being a

caretaker for a loved one battling stage 4 cancer. Each experience has fortified her compassion and resilience, further enhancing her ability to help people shuck their shells of fear open with love to let their inner pearls shine.

A passionate advocate for mental health, Jessica has transformed her life's adversities into a powerful platform for advocacy and support, emphasizing the importance of openness and love in facing mental health challenges. Her film aims to open hearts and minds by portraying the strength that comes from acceptance and love, even in the face of mental illness.

Through her company, [Life Shucker](#), Jessica has helped thousands find their deeper purpose and achieve authentic success. Her innovative approach to life coaching, which she likens to shucking pearls of wisdom from life's gritty experiences, has been featured in leading publications such as Entrepreneur, Forbes, and Inc.

"The release of "Cracked" is not just the unveiling of a personal story, but a call to action to view mental health with empathy, understanding, and openness," said Jessica Zemple. "It invites viewers to engage in a new dialogue about mental health, breaking away from stigma and fear."

Jessica's film is a testament to the power of healing and the incredible resilience of the human spirit. It's a story she hopes will inspire others to seek help, open up about their struggles, and pursue healing through love and acceptance.

For more information about "Cracked" and to watch the film, visit Jessica Zemple's YouTube channel here: [Cracked: A Story of Hope and Healing with Jessica Zemple.](#)

Instagram: @lifeshucker

YouTube: @jessicazemple

Facebook: @jessicazemple

# # # #

Christy Fritts

+1 858-442-9570

[email us here](#)

Hype It Up

Visit us on social media:

[Facebook](#)

[Instagram](#)

[YouTube](#)



Jessica Zemple releases "Cracked" - a film to change the conversation around mental health

---

This press release can be viewed online at: <https://www.einpresswire.com/article/763688140>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.