



**Blatantly Honest**  
*with Makaila Nichols*

# **Blatantly Honest**

## **With Makaila Nichols**

**BE BOLD. BE YOU. BE BLATANTLY HONEST.**

# Blatantly Honest Show

## ABOUT MAKAILA NICHOLS

At age 21, Makaila is a best-selling author of "Blatantly Honest: Normal Teen, Abnormal Life."

In this book, she shares her own story and personal struggles with issues that teens may encounter such as: bullying, body image, sexual assault, peer pressure, and more because of its relevance in today's digitally-addicted, fast-paced world. Makaila also travels the country speaking at schools, conferences, book-signings, television interviews and now, her YouTube and Podcast Channel that she hopes will soon air on live network television.

## ABOUT THE SHOW

The "Blatantly Honest Show" will be made up of two parts: Makaila's own experiences and interviews. The interviews will mainly be comprised of in-depth talks with celebrities, influencers and experts about their own struggles and triumphs with issues that young people are facing such as: bullying, body-image, suicide, peer pressure, identity and more. The goal of the show is to let the youth know that they are not alone and these issues affect everyone regardless of fame, money or age. The show is designed to be relatable and encourage the audience to...

Be Bold. Be You. Be Blatantly Honest.

# Blatantly Honest Show

## POSSIBLE TOPICS

I hope to talk about issues that young people are facing such as: bullying, body-image, substance abuse, mental health issues, suicide awareness, peer pressure and more. I feel that these are topics that effect us all but there has always been such a stigma behind sharing experiences with them. It's time we change that stigma and show others that they can overcome any obstacle.

## FORMAT

When we do your interview, my goal is to ensure that you feel 100% comfortable. This being said, the atmosphere can be entirely up to you. If you are more comfortable at home, we can travel there, if you prefer being on set or in a coffee shop; we can accommodate this.

## OBJECTIVE

When we talk, I hope to discuss your past and how you got to be where you are today. Our interview will not be your typical Q&A, I want to have a conversation with you that is natural, real and relatable for those watching. Your story matters. Your struggle matters. Look where it brought you. Our youth need inspiration, and that stems from people like you, whom they look up to.

# Media

## PAST BOOK SIGNINGS & APPEARANCES

NOYS Annual Convention  
Through Pain Comes Strength  
Majestic Theater in Dallas  
WCD Enterprises Speech  
Y-i Count

Barnes & Noble Book Store  
*Amherst, New York*

Barnes & Noble Book Store  
*Florida Mall, Florida*

Barnes & Noble Book Store  
*Sand Lake Rd, Orlando, Florida*

Special Olympics Florida  
UCF Key Note Speaker

Twitter

Facebook

Instagram

Google

YouTube

NCIBA Discovery Show

Barnes & Noble Book Store  
*Florida Mall*

UCF Barnes & Noble  
*Orlando, Florida*

FLVS Annual Teachers Summit

UCF Book Store  
*Orlando, Florida*

Private Country Club

**And More...**

## PREVIOUSLY FEATURED IN..

OK! Magazine

OK! Exclusive Online  
US Weekly!

CBS Tampa Bay  
Channel 1 NY

FOX Orlando

WKMG

CHIDEO

WRBC

WUCF TV

Young Entertainment Magazine

No-Bull Announcement

Girl's Life Magazine

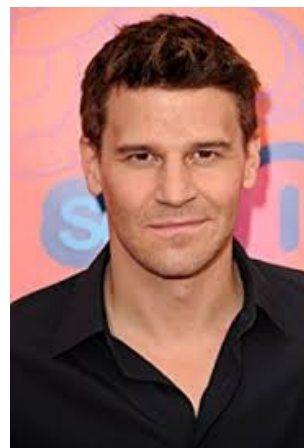
**And More...**



# Praise for Blatantly Honest

**DAVID BOREANAZ**  
*ACTOR, DIRECTOR,  
PRODUCER*

“As a father, I see the impact of social media and other influences on my kids’ lives, and it’s not always positive. Makaila Nichols shoots straight about the pressures of growing up in such a highly social climate and offers much-needed advice for other teens.”



**FREDERIQUE VAN DER  
WAL**  
*SUPERMODEL*

“It’s a daring undertaking to be honest about ourselves. Nothing out there is real anymore; every picture gets retouched. Makaila genuinely shares her experiences. It is such a true gift to her peers for them to realize that we all deal with our insecurities.”



**SOPHIE SIMMONS**  
*ACTRESS*

“Growing up in the spotlight, I have always been criticized for my body and held to impossible standards. Bullying comes in all shapes and sizes. You can either let it tear you down or you can use it to motivate yourself toward success. Mak is a great example of being courageous enough to speak up. I think she will leave a lasting impact on the next generation.”



# Under the Cover

## ON EATING DISORDERS

She then pointed to a scale in the restroom and asked me to step on it. I didn't mind. I considered myself skinny. After all, I was an athlete who played volleyball and did track and field. She told me I weighed 137 pounds, which I already knew. . . . She said if I wanted to become a successful high-fashion model, I needed to weigh in at no more than 125 pounds (regardless of my height or muscle mass). Because I was a fourteen-year-old with a dream, I told her I could lose the weight, no problem. At the time, I thought it'd be easy to lose twelve pounds. I figured that if I didn't eat and worked out all the time, I would drop the weight in no time. Man, was I wrong. I found myself eating at least six times a day, doing two brutal workouts a day, wearing sweat suits, drinking distilled water, and spitting into buckets to lose every ounce of water weight possible. A month later, I was 126 pounds. . . . My skin had also turned a yellowish color, signifying that my body was facing malnutrition. My parents seemed disgusted, but I thought I looked like a million bucks. After I lost the weight, the agency set up three back-to-back test shoots in Miami . . . When we wrapped the shoot, the photographer waltzed over and rewarded me with Krispy Kreme doughnuts—a whole box of them. Doughnuts? It seemed like a contradiction. . . . So, I had two. Immediately, I regretted it and excused myself to the bathroom. I had to go to the agency after this shoot, so I plunged my fingers down my throat. . . . Tears welled in my eyes, and I felt the mascara trickle down my powderstained cheeks.

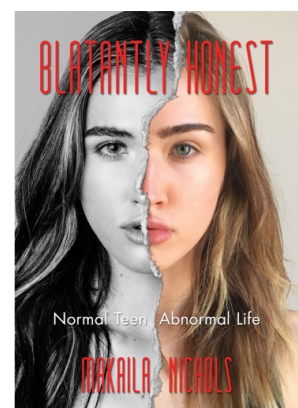
—Excerpted from Chapter 1

## ON BULLYING

What makes one person superior to another? Nothing. We're all equal, yet we choose to tear each other apart. I've been bullied. I'm not asking for your sympathy; I'm just letting those of you who've also been picked on know that I understand. I know how it feels. "I am glad Makaila doesn't come to school anymore. Life is better with her gone." "Makaila Nichols is the biggest slut. I bet anyone could get it from her." "I hope you die alone." "Who do you think you are?" These are some of the insults I've recorded from social media. Some of them were said by close friends, others by people I've never spoken to. Yet all of these words formed a false projection of who I am as a person. Sometimes, the words will get to you. There was a point in time when I thought to do the worst. I thought that maybe the world would be better with me out of the way. Yet the more I thought about it, the more strength it gave me to push on. Cowards quit. Real courage is gained through withstanding difficulties. We all have families who love us, whether we realize it or not. After all the abuse and cowardly attacks, I found myself becoming a more forgiving person because people deserve second chances.

We're all human, and we all make mistakes.

—Excerpted from Chapter 2





# It's Time to Be Blatantly Honest...

I look forward to being blatantly honest with  
you.

Please call 407.876.5442 or email me at  
[info@makailanichols.com](mailto:info@makailanichols.com) to discuss  
opportunities further.

And remember....

Be Bold. Be You. Be Blatantly Honest.

Love, Mak