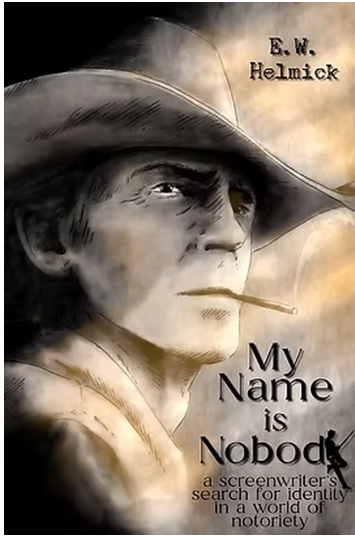


# MY NAME IS NOBODY

One-Sheet Press Kit | Memoir by E. W. Helmick

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Cover image



**E. W. Helmick**

Award-winning screenwriter and author

**Genre:** Memoir / literary personal narrative  
**Length:** Approx. 48,800 words  
**Themes:** Identity, adoption, faith, abandonment, grace, and belonging  
**Status:** Manuscript / ARC available upon request

## BOOK SNAPSHOT

A screenwriter's search for identity unfolds in a world of fame and illusion, where proximity to Hollywood's elite, Nick Nolte, Sidney Poitier, Wolfgang Puck, and others, reveals that even the celebrated wrestle with the same quiet ache: Who are we, really?

## SALES / SHELF POSITION

- For readers drawn to memoirs of adoption, identity, family mystery, faith, Hollywood-adjacent stories, and personal transformation.
- A strong fit for book clubs that enjoy honest, reflective life stories that invite conversation about belonging, wounds, forgiveness, and the unseen ways a life is shaped.
- Keywords: adoption memoir; identity; faith journey; abandonment; family history; celebrity encounters; Colorado; grace; belonging; father wounds; personal redemption.

## DISCUSSION VALUE

- Ideal for groups interested in the question of identity: Are we named by origin, by family, by pain, by achievement, or by grace?
- Core questions: What does it mean to be known? How does abandonment shape a person? Where do faith, memory, and forgiveness enter the story of becoming whole?
- Companion materials include discussion questions, reflective prompts, identity-map exercises, and optional at-home writing activities around family stories, names, and belonging.

## APPEARANCES / SPEAKING AVAILABILITY

- Available for book-club discussions, library events, bookstore conversations, podcast interviews, and short author talks.
- Possible topics: "The Story Behind My Name is Nobody," "Writing Honestly About Adoption and Identity," "Memoir, Memory, and Grace," and "Turning a Wounded Past into Story."

## AUTHOR NOTES

E. W. Helmick is an award-winning screenwriter and author whose work often explores identity, grace, courage, moral hunger, and the long road home. His storytelling background spans fiction, memoir, screenwriting, publishing, and ministry work through the global humanitarian organization, Help World Tour.