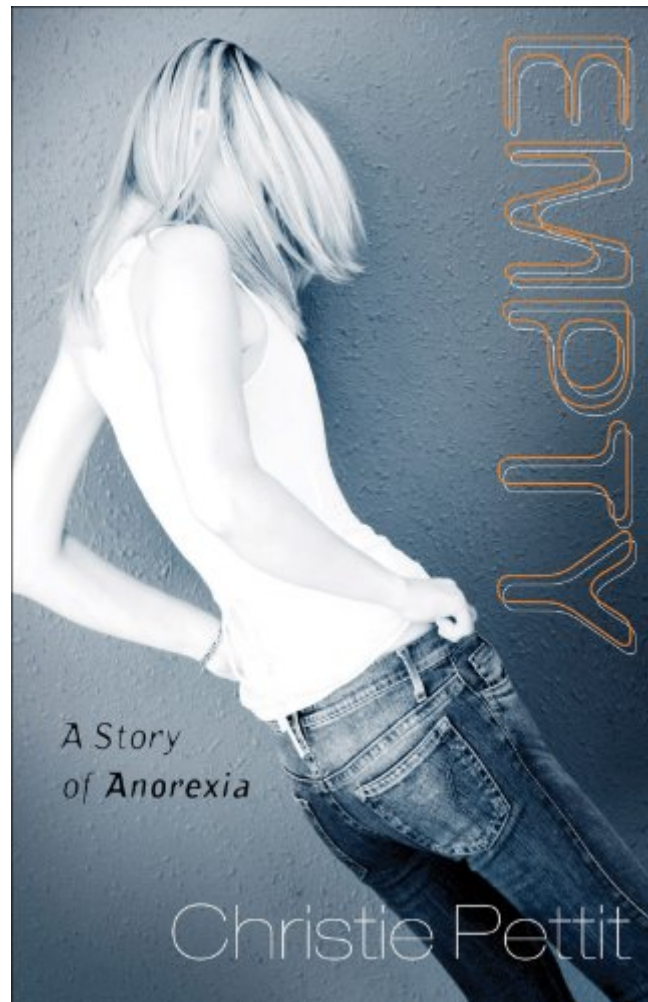


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# Empty: A Story Of Anorexia



## Synopsis

More than five million adolescent girls struggle with eating dis-orders, and more than 80 percent of American women are unhappy with their bodies. Christie Pettit knows these statistics firsthand. As a college student with a tennis scholarship, she found herself eating less and less, compulsively exercising, and spiraling downward in a dangerous battle against anorexia. She was starving--but she didn't know it. Now with a two-color interior, Empty recounts Christie's gripping story, incorporating new statistics, reflections from her journal, and biblical insight. Her candid retelling of her experience shows the spiritual dimension of eating disorders and describes how Christie turned to the Bible as a source of strength and encouragement to help her overcome anorexia. Pastors, parents, counselors, and those battling anorexia--especially teen girls--will find hope and wise counsel in Christie's compelling story.

## Book Information

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Teens > Personal Health > Diet & Nutrition

## Customer Reviews

This book cannot be judged by its cover. I felt like this book had so much potential, but the word terrible keeps coming to mind. I was so disappointed. Everything the author talked about was in relation to God and the bible. Since I have different religious beliefs, I could not relate to anything

the author was going through because I could not get past how much religion was the underlying theme to all of her entries. I thought this book was going to be about the author's struggle with her eating disorder, but really it just kept talking about what she felt God wanted her to do and how to deal with an eating disorder while believing in God. I would not recommend anyone purchase this book if their intention is to learn more about eating disorders.

My review mirrors most others. Not only is it primarily bible verses (which is MY fault for not reading the reviews first) but the layout is so crazy that it's difficult to read. A book should have a flow to it. Unfortunately this one is chopped up so badly with "journal" images and paragraph comments from others that it's not worth the effort.

I can't quite figure out why the other reviews say so many negative things about this book. Christie is writing from her heart and is writing to offer help and encouragement to others who are experiencing an eating disorder. Every chapter is honest and yet shows hope. Christie's strength to fight this battle was solely from God and she has one or two verses per chapter, which as a Christian, is perfect. We used this book as a nighttime "devotional" to think over the day and prepare for the next. Some of the things she wrote felt as if she had read my journal! This is a great book to read if you are trying to overcome an eating disorder. It will keep you honest but offer you hope.

I felt like most of the book was really only written to persuade the author that she has indeed overcome her eating disorder. The editing in areas where there were steps or bullet points were so bad in some places that entire words were missing. Just glad it was a fast read.

I have read Christie's previous book and thought it was excellent. Along comes a second book and it is written at a more teen oriented audience which I believe is a crucial component in looking at the beginnings of eating disorder. Christie admits early on in her book that she is not sure why she is writing the book. She also explains that her spiritual side has developed from living this disease and that she feels the need to pass along her experiences. This book is well written, not technical and is a compassionate memoir. She pulls no punches and tells it like it is - does not glamorize the whole eating disorder thing and honestly tries to remember and reflect on the thought patterns as she re-reads some of the entries made in her journal during her struggles. I loved this book because it is down to earth and is aimed at the generation that needs it the most. Eating Disorders ARE NOT

cool -Buy this book.

Very hard to read..did not get much from this at all...seemed to have no point

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