



Hollow: An Unpolished Tale

By Jena Morrow

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Twenty-nine years, 7 months, 14 days, and the battle still rages.

Jena Morrow has an eating disorder. It can kill her. Jena Morrow has a Savior. He came to give her abundant life.

This is not a polished tale of victory but an honest, true story of fragility. *Hollow* recounts Jena's daily struggle with anorexia and the God who is able and willing to reach down into the dirt. A central theme of *Hollow* is the surrender of control to Jesus Christ. His Word is interwoven throughout the story as rebuttals to the lies that besiege those engaged in any addiction.

In addition to her point of view, Jena includes those of her friends, family, and former therapists providing an undercurrent of hope.

Written in an easy conversational voice, *Hollow* will resonate with those in the midst of a struggle and those who stand beside them.

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Hollow: An Unpolished Tale By Jena Morrow Bibliography

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Editorial Review

Review

Hollow, a memoir by Jena Morrow shares the honest truth of human brokenness. Her life's journey is like that of so many; and, anyone walking the path of redemptive growth will be enlightened and guided by Jena's vulnerability. As a clinical psychologist, I know it is through gracious relationship that people are healed; *Hollow* evokes a sincere, healing relationship between the reader and Jena's story of grace.

R. Allen Lish, Psy.D.

Jena offers hope to those struggling with an eating disorder, or to those just wondering if what they have to offer is good. Her authentic and courageous telling of her journey thus far is a true testimony to the goodness of God in the midst of our struggles.

Kris Walsh, LCSW

This is no graphic drama told for entertainment purposes. In Jena's words, it is a "cautionary tale" told by one who tarried in the darkness, but who no longer lives there. Jena's story moves beyond the slippery darkness into the strength of relationship with the Living God, and she is eager to invite along many companions.

Jill Fleagle, D.Min.

As a Family Nurse Practitioner, this is a memoir that has made me a better health care provider by enabling me to recognize those struggling and get them the help they need before they reach such depths of darkness. *Hollow* reaches out to all people who struggle in life, and guides the reader to the power of God in helping with these struggles. This book is an awakening.

Linda Silakowski, FNP

If you or a loved one needs to know there really is a way out of the strong clutches of the self-hatred of an eating disorder, you will want to walk with Jena through each page. You will find a new strength and a fresh hope.

Gregory L. Jantz, PhD, C.E.D.S., Founder of The Center, Inc.

Hollow pulled me into a world I knew little about, held me there with its raw authenticity, and gave me empathy for those who struggle with eating disorders. Anyone battling food issues should read this book. But more than that, anyone who loves someone in an eating disorder's clutches should scour its pages for understanding.

Mary DeMuth, Author of *Thin Places, a Memoir*

Too often we want the fairytale ending. In *Hollow: An Unpolished Tale*, new author Jena Morrow treats us to an uncommonly honest portrayal of the recovery journey, and makes a hope-filled case for facing our fears, embracing our anger, and surrendering to the only One who can calm the storm within, even if (and when) it continues to rage.

Constance Rhodes, Founder of FINDINGbalance, Co-Founder of The True Campaign

Not just a haunting tale of a wicked disorder, but the story of a tenacious God who does not give up on His children. Jena's story offers reality and hope to the millions of people (not counting their relatives and friend)

impacted by eating disorders.

Jane Rubietta, Speaker and award-winning author of critically acclaimed *Come Along: The Journey to a More Intimate Faith*

About the Author

JENA MORROW chronicles her journey with an eating disorder in her debut book, *Hollow* (May 2010). She studied music education at North Central College in Naperville, Illinois, and currently makes her home in Crest Hill, Illinois with her son. For more information, visit jenamorrow.blogspot.com.

Users Review

From reader reviews:

Matthew Venegas:

Book is to be different for every single grade. Book for children right up until adult are different content. As you may know that book is very important for all of us. The book *Hollow: An Unpolished Tale* seemed to be making you to know about other understanding and of course you can take more information. It is quite advantages for you. The guide *Hollow: An Unpolished Tale* is not only giving you more new information but also to be your friend when you truly feel bored. You can spend your current spend time to read your publication. Try to make relationship using the book *Hollow: An Unpolished Tale*. You never really feel lose out for everything if you read some books.

Walter Berry:

As people who live in typically the modest era should be upgrade about what going on or data even knowledge to make these individuals keep up with the era and that is always change and move ahead. Some of you maybe will certainly update themselves by examining books. It is a good choice in your case but the problems coming to you actually is you don't know which you should start with. This *Hollow: An Unpolished Tale* is our recommendation to help you keep up with the world. Why, because this book serves what you want and wish in this era.

Olive Wilson:

The book untitled *Hollow: An Unpolished Tale* contain a lot of information on it. The writer explains the girl idea with easy method. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read the idea. The book was compiled by famous author. The author will take you in the new period of time of literary works. You can actually read this book because you can please read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice examine.

Lewis Wade:

Many people said that they feel weary when they reading a reserve. They are directly felt the item when they get a half portions of the book. You can choose often the book Hollow: An Unpolished Tale to make your current reading is interesting. Your own skill of reading proficiency is developing when you including reading. Try to choose very simple book to make you enjoy to see it and mingle the sensation about book and looking at especially. It is to be very first opinion for you to like to open up a book and study it. Beside that the book Hollow: An Unpolished Tale can to be your friend when you're really feel alone and confuse using what must you're doing of this time.

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