



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:

Mary Burnette:

Inside other case, little men and women like to read book *Hollow: An Unpolished Tale*. You can choose the best book if you appreciate reading a book. Given that we know about how is important any book *Hollow: An Unpolished Tale*. You can add expertise and of course you can around the world by the book. Absolutely right, due to the fact from book you can recognize everything! From your country until eventually foreign or abroad you will be known. About simple matter until wonderful thing you could know that. In this era, we can easily open a book or even searching by internet unit. It is called e-book. You can use it when you feel fed up to go to the library. Let's go through.

Reva Morison:

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

Jennifer Lorenzo:

The reserve untitled *Hollow: An Unpolished Tale* is the book that recommended to you to learn. You can see the quality of the reserve content that will be shown to an individual. The language that publisher use to explained their ideas are easily to understand. The article writer was did a lot of exploration when write the book, so the information that they share for your requirements is absolutely accurate. You also could get the e-book of *Hollow: An Unpolished Tale* from the publisher to make you considerably more enjoy free time.

Sarah Heath:

The reason why? Because this Hollow: An Unpolished Tale is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book next to it was fantastic author who write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book possess such as help improving your ability and your critical thinking way. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

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