



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:

Erica Clark:

This book untitled *Hollow: An Unpolished Tale* to be one of several books that will best seller in this year, this is because when you read this guide you can get a lot of benefit into it. You will easily to buy this kind of book in the book retail outlet or you can order it by way of online. The publisher in this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Mobile phone. So there is no reason to your account to past this publication from your list.

Ralph Humphries:

Often the book *Hollow: An Unpolished Tale* will bring you to the new experience of reading a new book. The author style to describe the idea is very unique. In the event you try to find new book to learn, this book very suitable to you. The book *Hollow: An Unpolished Tale* is much recommended to you to see. You can also get the e-book from the official web site, so you can quickly to read the book.

Lisa Bentley:

Your reading 6th sense will not betray a person, why because this *Hollow: An Unpolished Tale* reserve written by well-known writer who knows well how to make book that could be understand by anyone who have read the book. Written inside good manner for you, still dripping wet every ideas and creating skill only for eliminate your own hunger then you still doubt *Hollow: An Unpolished Tale* as good book not just by the cover but also through the content. This is one publication that can break don't determine book by its protect, so do you still needing an additional sixth sense to pick that!? Oh come on your looking at sixth sense already said so why you have to listening to a different sixth sense.

Heidi Garcia:

This *Hollow: An Unpolished Tale* is great e-book for you because the content that is full of information for

you who also always deal with world and have to make decision every minute. That book reveal it information accurately using great organize word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but hard core information with splendid delivering sentences. Having Hollow: An Unpolished Tale in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no reserve that offer you world inside ten or fifteen moment right but this guide already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. busy do you still doubt that will?

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