



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:

Leo Rizer:

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

Theodore Parish:

Hey guys, do you desires to finds a new book to see? May be the book with the name *Hollow: An Unpolished Tale* suitable to you? Often the book was written by popular writer in this era. The actual book untitled *Hollow: An Unpolished Tale* is the main one of several books that will everyone read now. That book was inspired a lot of people in the world. When you read this publication you will enter the new dimension that you ever know prior to. The author explained their concept in the simple way, consequently all of people can easily to understand the core of this guide. This book will give you a large amount of information about this world now. So that you can see the represented of the world in this particular book.

John Pace:

Reading can called brain hangout, why? Because if you find yourself reading a book especially book entitled *Hollow: An Unpolished Tale* your brain will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can become your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation which maybe you never get before. The *Hollow: An Unpolished Tale* giving you a different experience more than blown away your thoughts but also giving you useful info for your better life in this particular era. So now let us present to you the relaxing pattern here is your body and mind will likely be pleased when you are finished studying it, like winning a

sport. Do you want to try this extraordinary spending spare time activity?

Violet Murray:

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