



Empty: A Story of Anorexia

Christie Pettit

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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.

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