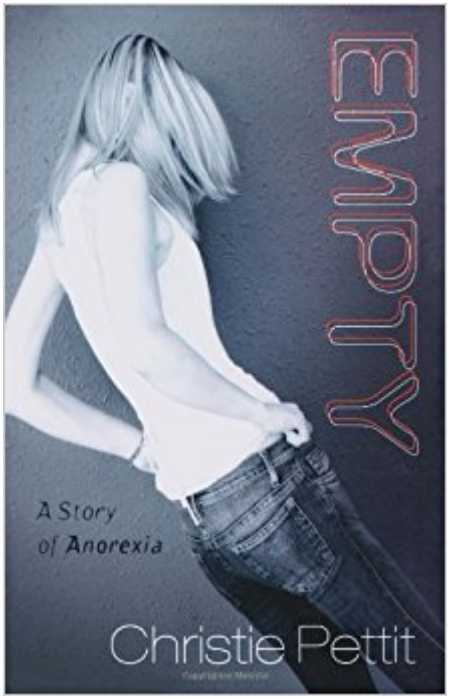
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Empty: A Story Of Anorexia



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Synopsis

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.

Book Information

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Customer Reviews

"This morning I feel rested-ready to face the day... I will beat this thing."Millions of girls struggle with eating disorders. And most American women are unhappy with their bodies. Christie Pettit was one of them. Christie started college as a healthy, competitive athlete. But soon her perfectionism drove her to take fitness to the extreme. As she became more and more obsessed with what she ate and how much she exercised, thoughts about food and working out controlled her mind, her habits, and even her relationships. Christie was finally forced to admit that she was losing her battle with her own body. She was starving-but she didn’t know it.Empty recounts Christie’s story through her

personal journals, showing you how she turned to the Bible and counseling to find the strength and encouragement to overcome anorexia. If you or someone you know might be struggling with anorexia, you'll find hope and great advice in Empty.Christie Pettit is a teen counselor specializing in eating disorder recovery. She enjoys traveling with family and loves outdoor adventures-hiking, biking, river rafting, backpacking, snow skiing, fly fishing, golf, tennis, snorkeling, water skiing, you name it! Christie lives in Atlanta, Georgia.

Christie Pettit currently works as a counselor of teens, with a specialization in eating disorder recovery. She speaks to groups such as Athletes in Action and writes for publications, including Today's Christian Woman, The Upper Room, and Sports Spectrum. She is also the managing editor of Conversations: A Forum for Authentic Transformation. A graduate of the University of Virginia, Emory University, and the Psychological Studies Institute, Christie lives in Atlanta, Georgia.

I'm only about a quarter of the way through this book, but I'm reviewing it now because I really don't think I can be bothered to finish it. My biggest issue is the strong Christian leaning of the book, which I, admittedly, would have known about in advance if I'd read the full description. However, even if I still held those beliefs, this would still be a pretty terrible book. I was hoping for a cohesive story line, but this book is incredibly choppy and fragmented. It seems like the author just wrote down thoughts as they came to her without ever going back to edit. Honestly, with the amount of typos in this book, I really feel like there was no editing involved at all. One final complaint is that this book, at least in what I've read so far, has brought nothing new or meaningful to the table in terms of discussion of eating disorders. It's mostly talk about the author's relationship with God with cliche descriptions of avoiding foods in the cafeteria and friends being concerned about weight loss peppered in. Even though I'm not even half way through the book, the author has already started retelling the same stories in different chapters.

Awesome story

I got this book for a school project and I like it a lot. I'd recommend it even for just reading just for fun.

This book is more about recovering than actually going through the anorexia process. I don't suggest the book if you're not ready to recover. Although, it occasionally gives out some tips and

tricks, it’s just not worth it. I would recommend reading Wasted by Marya Hornbacher or The Best Little Girl in the World if you’re still on your journey to becoming a skinnier you.

I can’t quite figure out why the other reviews say so many negative things about this book. Christie is writing from her heart and is writing to offer help and encouragement to others who are experiencing an eating disorder. Every chapter is honest and yet shows hope. Christie’s strength to fight this battle was solely from God and she has one or two verses per chapter, which as a Christian, is perfect. We used this book as a nighttime "devotional" to think over the day and prepare for the next. Some of the things she wrote felt as if she had read my journal! This is a great book to read if you are trying to overcome an eating disorder. It will keep you honest but offer you hope.

I felt like most of the book was really only written to persuade the author that she has indeed overcome her eating disorder. The editing in areas where there were steps or bullet points were so had in some places that entire words were missing. Just glad it was a fast read.

I have read Christie’s previous book and thought it was excellent. Along comes a second book and it is written at a more teen oriented audience which I believe is a crucial component in looking at the beginnings of eating disorder.Christie admits early on in her book that she is not sure why she is writing the book. She also explains that her spiritual side has developed from living this disease and that she feels the need to pass along her experiences.This book is well written, not technical and is a compassionate memoir. She pulls no punches and tells it like it is - does not glamorize the whole eating disorder thing and honestly tries to remember and reflect on the thought patterns as she re-reads some of the entries made in her journal during her struggles.I loved this book because it is down to earth and is aimed at the generation that needs it the most. Eating Disorders ARE NOT cool -Buy this book.

I could not get into this at all. I had to return it in the end. It just didn’t grab my attention, no matter how hard I tried.

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