

ask the author...



LEE WOLFE BLUM

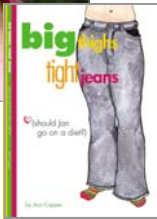
Yes, There Is Hope!

Publisher and Release Date to be announced

About Lee: Fourteen years ago Lee broke free from the chains of an eating disorder, and now works at a treatment center for those struggling with the disease. She writes frequently for eating disorder resources, and speaks all over the nation sharing hope. Lee is a regular guest blogger for *FINDINGbalance* and also works with her husband Chris doing workshops in which they share their story and what it means to be a *True Companion*. They have three sons and live near Minneapolis, MN.

About *Yes, There is Hope!*: This book is a toolbox providing encouragement, practical applications, and essential keys to recovery. It is for those struggling with any type of eating disorder, as well as for loved ones trying to make sense of a complex and confusing disease. *Yes, There is Hope!* encourages and educates the reader (whether sufferer or loved one) on how to love the person and hate the disease, how to not only begin the journey of recovery, but make it a long-term lifestyle change.

Website: www.gurze.com | www.shopmama.com | <http://blog.findingbalance.com>



ANN CAPPER, RD, CDN

Big Thighs, Tight Jeans: Should Jan Go on a Diet?

Infinity, 2005

About Ann: Ann is the nutrition editor and an online panelist for *FINDINGbalance*, Inc. A frequent speaker on eating and body image issues, she is passionate about teaching girls and women of all ages to eat well and live well.

About *BigThighs*: Preeteen girls will relate to thirteen-year-old fictional character Jan, who struggles with worries about her diet and weight. Reading through her journal entries, they will discover how she ultimately learns to appreciate her body and eat healthfully—without obsession. A useful resource to help prevent eating and body image issues.

Website: www.findingbalance.com



JUDY HALLIDAY, RN

Thin Within: A Grace Oriented Approach to Lasting Weight Loss

Thomas Nelson, 2002

About Judy: Judy is a registered nurse who specializes in psychiatry. She is the co-founder of the ministry *Thin Within* and has dedicated 35 years of her life offering transforming truths for those dealing with food, weight and eating issues. She is also the author of *Raising Fit Kids*, and *Get Thin Stay Thin*.

About *Thin Within*: This book sets you free from the compelling call of food, from reacting to the demands of your impulses that say “I want it and I want it now” and from past dieting failures. You will break free from compulsive behavior while eating the foods you enjoy. You’ll have a renewed hope and be energized in your relationship with God.

Website: www.thinwithin.org



JENA MORROW

Hollow: An Unpolished Tale

Moody Publishers, May 2010

About Jena: Jena chronicles her journey with an eating disorder in *Hollow*. Out of her passion to give back to the recovering community, Jena works as a Behavioral Health Specialist at Timberline Knolls, an Illinois treatment center for women dealing with eating disorders, mood disorders, and substance abuse. She attended North Central College in Naperville, Illinois, and currently makes her home in Crest Hill, Illinois with her son.

About *Hollow*: 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.

Website: www.jenamorrow.com | www.jenamorrow.blogspot.com | www.facebook.com/hollowthebook

ask the author...

CONSTANCE RHODES

Life Inside the "Thin" Cage: A Personal Look into the Hidden World of the Chronic Dieter
Shaw Books, 2003

About Constance: Constance is the founder and CEO of FINDINGbalance, a faith-based non-profit with an emphasis on eating and body image issues. She is also the author of "Finding Balance with Food," a 12-week curriculum designed to go with *Life Inside the Thin Cage*, and *The Art of Being: Reflections on the Beauty and the Risk of Embracing Who We Are*. She has experienced disordered firsthand, first through her mother's struggle with bulimia and then with her own decade-long battle, and speaks today about how she found freedom.

About *Thin Cage*: Three out of four women are disordered eaters, yet very few realize it. Constance offers a personal look into the hidden world of chronic dieting and other "sub-clinical" eating disorders (otherwise referred to as "EDNOS") and offers practical insight and tips for breaking free.

Website: www.findingbalance.com | www.truecampaign.org | www.twitter.com/finding_balance



ALLIE MARIE SMITH

HEAL: Healthy Eating & Abundant Living: Your Diet-Free, Faith-Based Guide to a Fabulous Life
Group Publishing, 2008

About Allie: The award-winning author, speaker, and certified Spinning Instructor is the founder of Wonderfully Made, a Christian ministry dedicated to helping young women know their true value and worth. She lives near Santa Barbara, CA with her husband Paul, where they enjoy working with youth, surfing and traveling.

About *HEAL*: This is the first, freedom-filled, faith-based resource designed uniquely to help young women cultivate an emotionally healthy and positive approach to food, their bodies and life. Recipient of the 2009 Christian Retailers Choice Award, *HEAL* offers six comprehensive and practical lessons for individual or group study use to equip readers of all shapes and sizes to rise above the strong-holds of food and body image issues and live lives of health, joy and true beauty.

Website: www.wonderfullymade.org | www.heal.wonderfullymade.org



MARGOT STARBUCK, M.Div

Unsqueezed: Springing Free From Skinny Jeans, Nose Jobs, Highlights and Stilettos
InterVarsity Press, 2010

About Margot: In a concerted effort not to agree with the culture's valuing of women, Margot usually tries not to look *too* casually fantastic. Typically, she succeeds. Even though she doesn't like the phrase "body image," she's the author of a fun new book on body image called *Unsqueezed*, as well as *Girl in the Orange Dress: Searching for a Father Who Does Not Fail*. A speaker and writer, Margot hangs her tie-dyed laundry in Durham, NC where she lives with her husband and three kids.

About *Unsqueezed*: Although our culture tries to squeeze women into a very particular Barbie-like mold of physical attractiveness, bodies weren't made to be *viewed*. Instead, God has given bodies for function and for relationship with others. Great news, huh? Yet because a lot of Christian women really *do* still care how our butts look in blue jeans, this book paints a fresh vision of God's good plan for these bodies.

Website: www.margotstarbuck.com | www.margotstarbuck.blogspot.com



EMILY WIERENGA

Chasing Silhouettes: How to Help a Loved One Who Refuses to Eat
Publisher and Release Date to be announced

About Emily: Author of *Save My Children* (Castle Quay Books, 2008), Emily is a freelance writer for various Christian publications including *Focus on the Family* and *InTouch* magazine, and an artist. She lives with her math-teacher husband, Trent, and their son, Aiden in Blyth, Ontario.

About *Chasing Silhouettes*: A non-fiction resource, *Chasing Silhouettes* is intended to bring hope, guidance and insight to Christian families dealing with anorexia nervosa. It addresses four major stages of the disease through both a child's and adult's perspective, taking into account the roles of parent, sibling, friend, in-law, spouse and professional. Sections consist of Recognizing, Rendered Helpless, Recovery, Renewal and Related Accounts.

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