



# Chasing Silhouettes: How to help a loved one battling an eating disorder

*Emily T. Wierenga*

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**Chasing Silhouettes: How to help a loved one battling an eating disorder** Emily T. Wierenga

Emily Wierenga gets vulnerable and practical in a revealing book about the thought process of a young woman battling an eating disorder -- herself. Sharing her story, Emily speaks to the heart of those who care about others struggling with an eating disorder and shares a practical way forward from a biblical perspective. Comprised of insights and advice from both families and Christian professionals in the eating disorders field, Emily lays out a pathway that inspires and challenges readers to provide the kind of support a person struggling with an eating disorder needs.



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