

Reader's Guide

What range of emotions did you experience while reading this book? As you look back through it, which moments and scenes do you recall being affected by the most? Which were the most beautiful, painful or inspiring to you?

What role do you think Lee's mom played in her view of food and of herself? If you are a mother, is there something you learned from observing Lee's relationship with her mom that might help you in your own life?

What factors do you think contributed to Lee's eating disorder? Was it environmental? Genetic? Could it have been avoided, or was it inevitable?

Lee writes on page 46 about an interaction with her mom's friend Ron, "I bit my tongue when really I wanted to lash him." How do you think situations like this contributed to Lee's eating disorder?

Do you think Lee's primary fear was getting fat, or was she afraid of something else? If something else, what was it?

When Lee tells Chris about her eating disorder, she expects him to run. When he doesn't, she asks herself, "Is this how God sees me too?" (p. 82). In what ways does Lee's relationship with Chris begin to influence her view of God?

While in treatment at Menninger, Lee's dad says to her, "If anyone can get better, LeeWolfe, you can" (p. 122). Knowing what you do now about mental illness and what helped and didn't help Lee, what role do you think intelligence and effort play in the healing process?

After leaving Menninger, Lee convinced herself that she didn't need anyone's help (p. 129). Why do you think she felt the need to make her way alone rather than asking for help? Is there an area in your life where you might need to ask for help?

When Lee surrendered to God (p. 148), she finally started to move toward recovery. What about that step was so significant in her recovery?

On page 144 Lee writes, “Eating disorders are not choices, but recovery is.” Explain what you think she means. After reading Lee’s book, how has your understanding of eating disorders and depression changed, if at all?

The woman who Lee stayed with after she first got out of the hospital ended up asking her to leave. What do you think she was afraid of? Can you relate to her fears?

What role did the Carvers play in Lee’s recovery? Do you have people in your own life who provide you with support like that?

What are the seven keys Lee describes at the end of the book that are necessary for recovery? How do you see those reflected in her story?

Do you know anyone who has wrestled with depression or an eating disorder? After reading Lee’s story, what would you say or not say to someone struggling?

What role do you think the Christian community played in Lee’s recovery? What do you think they did that helped her the most? What could they have done differently to help her?

For further resources, visit leewolfblum.com.