



A Very Hungry Girl: How I Filled Up on Life...and How You Can, Too!

Jessica Weiner

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A Very Hungry Girl chronicles the journey of Jessica Weiner, who spent most of her life hungering to be someone else. She was so desperate to be accepted and valued that she spiraled into an eating disorder, experiencing the attendant lack of self-esteem that rules - and almost ruined - her life. This compelling book relates Jessica's very personal story, and also captures her unique persona as she travels the country as a performer and motivational speaker listening to thousands of other people's stories. Through her work, Jessica has become the voice of her generation and speaks with a relatable and realistic point of view. Jessica's work has received national attention by The Washington Post, CNN, MTV and Teen People Magazine.

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