

# HUNGRY

## CAROLINE B. COOK

As soon as we enter this world, we are hungry. As infants we have an instinctual need that must be regularly addressed. It's a habitual tug that makes us human. We need daily food to function, to grow and develop, it's how we were designed. And as we grow older, we get the choice to decide what we do with that innate longing.

For Caroline Cook, when her life and future seemed uncertain and anxiety crept into her core, she craved something that would allow her to feel in control. She found that in radically restricting her eating. Overtime an unhealthy routine that offered her a sense of control turned into a very out-of-control monster of an eating disorder. In *Hungry*, writer, speaker, and teacher Caroline Cook, humbly and honestly shares the painful truth of where she once was and speaks of the freedom she found in overcoming an addiction that threatened to steal her joy and her life.

Caroline feels called to tell her story to bring hope and light to others who are walking down a similar path. God created us to be hungry and it wasn't by mistake. When we bring our hunger to Him, we are able to be fully satisfied and celebrate the life we have been given.

## MEDIA & SPEAKING CONTACT

The Fedd Agency

<https://thefeddagency.com/>

[speaking@thefeddagency.com](mailto:speaking@thefeddagency.com)

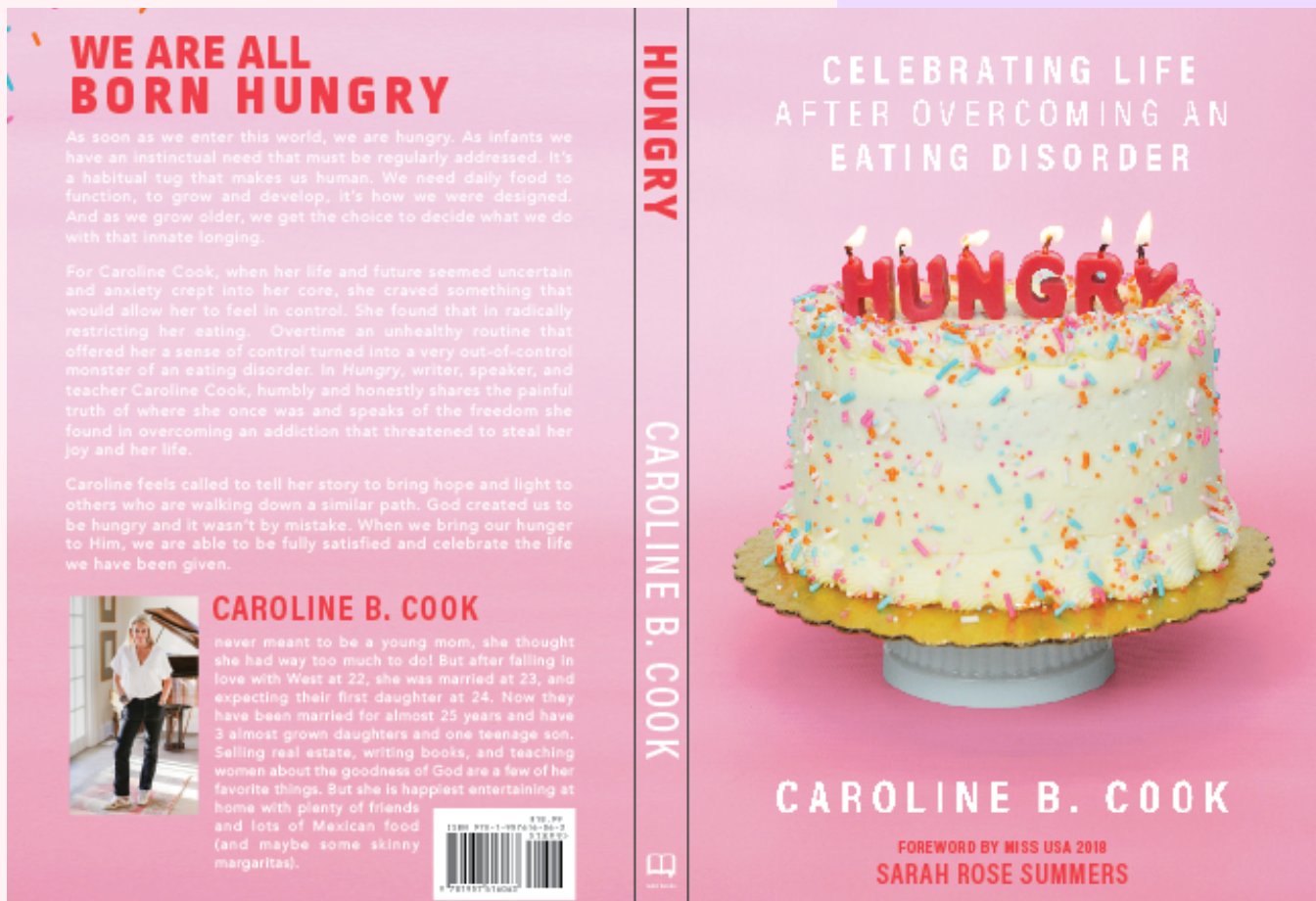
 [/thefeddagency/](https://www.instagram.com/thefeddagency/)

RELEASING SEPTEMBER 2022

Caroline B. Cook announces the release of debut book "Hungry: Celebrating Life After Overcoming an Eating Disorder".

Caroline draws from personal experience and trial to shed light on a dark addiction that many have fallen into.

Forward by: Miss USA 2018 : Sarah Rose Summers



# HUNGRY

## CAROLINE B. COOK

CAROLINE COOK

<https://www.carolinebcook.com/>

[carolinebridgescook@gmail.com](mailto:carolinebridgescook@gmail.com)

 [/carolinebridgescook/](#)

### ABOUT THE AUTHOR NOW

Caroline Bridges Cook is a well-connected writer, speaker, and teacher with a heart for sharing the gospel. An Austin, Texas native, she attended Vanderbilt University in Nashville, Tennessee before settling down to raise a family. While building a career as a successful real estate agent, she became a member of Covenant Presbyterian Church and developed a passion for teaching women and children.

Over 10 years ago, she began, hosted, and led a Bible study from her home that has continued to this day. Caroline is known for her philanthropy and very involved in several ministries including myLIFEspeaks, a nonprofit organization that partners with Haitian Child Services to provide resources and protection, and The Next Door, a recovery center for underserved women.

As a wife to West and a mother to their four children, Annie, Rawlie, Wesley, and Thomas, she fell in love with reading them bedtime stories and especially appreciated the one's that had a good message behind them. Deciding to partner with her artist mother, Trisha Bridges, the two self-published a series of children's books called The Virtue Series with Caroline writing the stories and her mother painting the watercolor illustrations. They travel to bookstores and conduct readings at libraries to share their books.



# BOOK FACT SHEET

**Title:** Hungry

**Author:** Caroline B. Cook

**Publisher:** Fedd Books

**Release Date:** TBD

**ISBN Hardcover:** TBD

**ISBN eBook:** TBD

“In this book Caroline challenges all of us to rest in who our Creator made us to be. That we were created with purpose, and His love for His children knows no bounds”

“Therefore I tell you, do not worry about your life; what you will eat or drink; or about your body, or what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; the way they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more than they?” Matthew 6: 25-26

## SUGGESTED INTERVIEW QUESTIONS

Why did you decide to write "Hungry"?

What do you hope readers take away from reading "Hungry"?

In your opinion, what is the root of feeling overwhelmed and pressured to measure up in our modern day world?

If you could go back and give your younger self one piece of advice what would it be?

How would you encourage someone that has an eating disorder currently to take the first step and get help?

What did you personally learn from the process of writing this book?

How has your faith played a role in learning how to become who God created you to be?