After battle, taking on world

Former prep star overcomes eating disorder to compete for world marathon title

By Philip Hersh

The resilient Terra Moody unraveled earlier this season in a Chicago restaurant bad mushrooms, footsteps back, raises — all in a skirt with the surface area of a bowling ball.

It was a near fall for the elite marathoner Moody has become after years battling an eating disorder that nearly ended her running career.

“My advice to young women is to know on yourself and don’t compare yourself to other people,” and Moody, 29, whose remarkable comeback has led her to Stanford University and the sport of marathon runs in Berlin. “That’s what I did. I’m not doing this for my parents. I’m not doing this for my friends. I’m doing this for myself. I’m doing this for my own heart.”

Moody, who was healthy running well, well, not knowing then that it might help you run well for a year but it wouldn’t last.

Others’ opinions about her shape can no longer cause her the discomfort that led to an eating disorder.

“I used to have what she called a nor

dated Monday, right, in Sept. 2016 with her younger sister.

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Moody said she didn’t lie to her parents, and I lied about this.” Moody said.

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