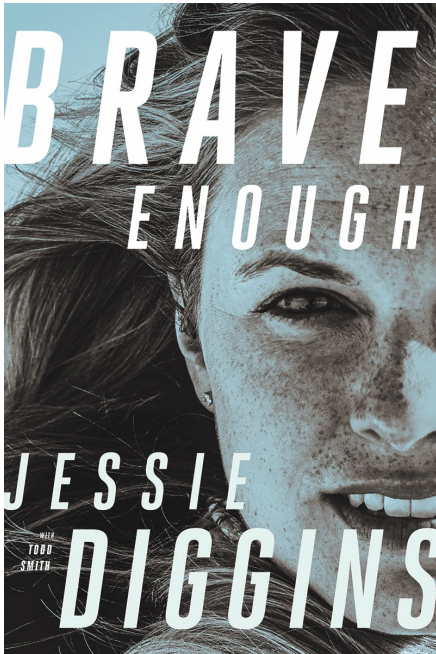


Bill Berry Award—Feature Article

Jessie Diggins

“Brave Enough”



Jessie Diggins vividly describes bulimia, stress, and the compounding pressures of being a high-achieving student, an accomplished violinist, as well as one of the best Nordic skiers in the country.

She had the courage to write about the eating disorder, forced vomiting, and lies to her family and friends. At one point, Diggins writes, immediately after making herself throw up once more, *“Suddenly, I felt nothing. I started to understand why people are alcoholics or addicted to drugs. Because the ability to suddenly feel nothing was amazing.”*

A world class talent, she writes that she couldn’t have done it without the team behind her; however, she couldn’t have done it without training her ass off for the past decade either.

Her description of a typical training week with heart rate zone data is really

amazing.

She was named to the US Ski Team in 2011, and has become the most decorated American cross-country skier of all time. Her book talks about her teammates, the Olympics, and what it is like to compete at the highest levels.

She is an ambassador for the non-profit organization Fast and Female, which inspires girls ages 8–18 to be active and empowered in sports, and is also an ambassador for the non-profit organization Protect Our Winters (POW), whose aim is to effect systemic solutions to climate change through the outdoor sports community.

In 2019, Jessie became a spokesperson for the Emily Program, an organization in the United States that provides treatment for eating disorders.