

DR. RHONA EPSTEIN (DR. RHONA)

Dr. Rhona Epstein (Psy.D.) has been helping people overcome addiction and eating disorders for almost thirty years, but her personal experience with addiction began at age seventeen.

As a teenager, Rhona battled binge eating, secret eating, and ballooning weight with fad diets and weight loss centers. The food insanity continued, however, and her frustration turned to depression until she joined a support group for overeaters and realized she wasn't alone. Addressing her addiction to certain foods, especially sugar, unearthed the emotions and thoughts that acted as triggers for binge eating. Her recovery from food addiction was a physical, emotional, and spiritual journey. Recovery brought true freedom from her food triggers as well as a desire to help others escape the "food insanity" she understands firsthand.



Dr. Rhona received her doctorate in clinical psychology from Chestnut Hill College (Philadelphia, PA) and her master's degree in counseling psychology from Temple University. She is passionate about addressing the needs of the whole person (mind, body, and spirit) as she helps people overcome food addiction and its underlying issues. As an addiction counselor, Dr. Rhona's unique clinical approach combines 12-step principles with biblically-based spirituality and best practices of psychological therapy.

She is the author of three books – *Food Triggers: End Your Cravings, Eat Well, and Live Better*; *Satisfied: A 90-Day Spiritual Journey Toward Food Freedom*; and *The Satisfied Workbook: A Spiritual Guide to Recovery and Food Freedom* (2021).

Dr. Rhona's work has been featured in outlets such as *Woman's World* magazine and the American Association of Christian Counselors website. She lives and practices near Philadelphia, PA. www.DrRhona.com

"Dr. Rhona brings the wonderful worlds of science and faith together to chart a brilliant path to freedom and self-control. What are you waiting for?"

—**Dr. Tim Clinton, President, American Association of Christian Counselors**

"Dr. Rhona is one of the few professionals to speak to the tantamount role of spirituality and faith in sustained recovery."

—**Marty Lerner, PhD, CEO, Milestones Eating Disorders Program**

"If you can't put down the fork, if you never have leftovers, if you're always hungry but never full, if your addiction to food is running your life—buy this book and let it set you free!"

—**Daniel G. Amen, MD, author of *Change Your Brain, Change Your Body***

"As someone who has struggled most of my life with food, I wish I could have given this book to myself years ago!"

—**Michelle Aguilar, author of *Becoming Fearless*, winner of season six *The Biggest Loser***

"If you work this plan you will see lasting results! And you don't have to starve yourself. This model is one that can last a lifetime. I highly recommend Dr. Rhona's revolutionary book on how you can achieve results and then maintain consistent results for life!"

—**Thomas Whitman, PhD, Founder, Life Counseling Services**

"Dr. Rhona has the unique and potent combination of her personal recovery experience as well as professional training to help those still suffering. Her book brings to life what food addiction is, the research that substantiates it, and hope for anyone still suffering. There is a way to freedom!"

—**Kim Dennis, CEO and Medical Director, Timberlake Knolls**