

SUGGESTED INTERVIEW QUESTIONS

Dr. Rhona Epstein (Dr. Rhona)

Author of *The Satisfied Workbook: A Spiritual Guide to Recovery and Food Freedom*

“I know what you're going through.
I know how you've tried to lose weight, only to blow a diet and gain it all back.
I know how discouraged and hopeless and lonely that feels.
I know something else, too. I know how to get free.”

-- Dr. Rhona Epstein

- Dr. Rhona, you're a licensed psychologist and addiction counselor who has been practicing for three decades. But for those struggling with food issues, you have another vital credential – you have personally struggled with food addiction. Will you share your story with us?
 - How has the COVID pandemic affected those who already struggled with food and eating? What do you recommend for those whose food struggles have been amplified by quarantine and social distancing?
 - For Christians, how can their faith aid them in overcoming food and eating disorders? Many have begged God to remove their food addiction or disorder, but what if He doesn't?
 - *The Satisfied Workbook* offers spiritual guidance and psychological insight *alongside* the traditional twelve steps of addiction recovery. What do you say to those who question the reality of food addiction? How does the recovery model assist with overcoming food issues?
 - How does one remain committed to their recovery during times of stress and isolation? What tools are available to assist them?
 - For those who love someone who has an unhealthy relationship with food, how can they help?
 - *The Satisfied Workbook* will help many who are struggling with food issues. For those who also need local/personal support, where can they turn?
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Guest: Dr. Rhona Epstein, author, licensed psychologist, addiction counselor

Website: www.DrRhona.com

Books: Dr. Rhona's latest books are available in paperback & eBook

- *The Satisfied Workbook: A Spiritual Guide to Recovery and Food Freedom*
- *Satisfied: A 90-Day Spiritual Journey Toward Food Freedom* (devotional)