



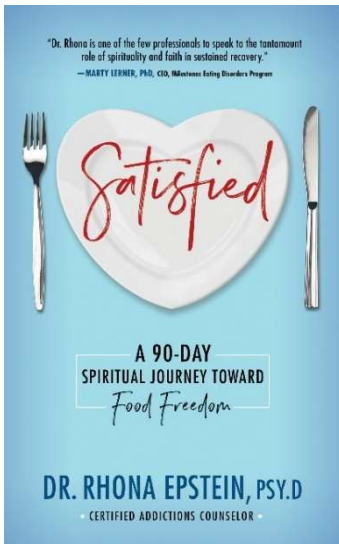
**MCCLURE
MUNTZINGER**
public relations

For Immediate Release

Media Contact: Pamela McClure, 615-294-5073
pamela@mmpublicrelations.com

IS YOUR RELATIONSHIP WITH FOOD MARKED BY SUFFERING OR SATISFACTION?

Physical, Emotional & Spiritual Recovery from Food Issues Is Possible
DR. RHONA OVERCAME FOOD ADDICTION, NOW HELPS OTHERS FIND FREEDOM



Nashville, Tenn. (March 22, 2021) – For more than 30 years, Dr. Rhona Epstein has helped thousands of people transform their unhealthy relationships with food. But her first client was the most pivotal—herself. By age seventeen, Rhona had developed a complicated history with food, including bingeing, secretive eating, compulsive exercising, and self-loathing. The hope and freedom she found also became her career and calling – as a licensed psychologist and addiction counselor.

Dr. Rhona's latest book, ***The Satisfied Workbook: A Spiritual Guide to Recovery and Food Freedom*** (Dexterity Collective, January 2021) is for anyone whose relationship with food is more suffering than satisfaction. *The Satisfied Workbook* combines twelve step principles of addiction recovery and biblically-based spirituality with the best practices of psychological therapy. Her expert guidance offers true physical, emotional, and spiritual recovery—freedom that lasts.

“Food abuse, overeating, losing control to a food trigger, and food addiction are treatable,” Dr. Rhona explains. “You, and the ones you love who overeat, can live free. I know because I’ve broken free from food’s bondage. You can too.”

The Satisfied Workbook offers time-tested strategies to help readers reorient food into its proper place—while truly satisfying hunger. Dr. Rhona's spiritual and food-focused exercises make this a standout among resources for food issues and addiction recovery. Each chapter includes:

- Spirituality and Reflection — Inspiring Bible verses and prompts for meditation on one's spiritual journey, along with space to record progress
- Twelve Steps — one of the twelve steps of recovery is presented through a biblical and food-focused lens, along with application to food addiction
- Real Talk with Rhona — Personal and insightful experiences that dive into realistic food addiction struggles and the path to recovery, faith, and fulfillment
- Modern Life Guidance — Thoughtful prompts that offer new perspectives on issues like body image, healing from addiction, eating behaviors, and life balance

- more -



Rhona Epstein (Psy.D) is a licensed psychologist and addictions counselor who has personally experienced recovery from food addiction. Dr. Rhona received her doctorate in clinical psychology from Chestnut Hill College (Philadelphia, PA) and has been helping individuals find freedom from food addiction for more than three decades. She lives and practices just outside Philadelphia, PA. www.DrRhona.com

Dexterity Books is an award-winning, independent publisher based in Nashville, TN. Dexterity Books and the Dexterity Collective offer extensive publishing services, from development and design to distribution and sales. www.DexterityBooks.com

###

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

By Dr. Rhona Epstein www.DrRhona.com
ISBN-13: 978-194729719, Paperback, 176 pages
Available now from Dexterity Collective

Also from Dr. Rhona:

Satisfied: A 90-Day Spiritual Journey Toward Food Freedom
Food Triggers: End Your Cravings, Eat Well and Live Better

Author interviews, review copies, and excerpt permission are available upon request:
Contact Pamela McClure, 615-294-5073 or pamela@mmpublicrelations.com