

The Satisfied Workbook

A Spiritual Guide to Recovery and Food Freedom

Rhona Epstein

THE BOOK

A practical how-to resource for readers in search of biblically based freedom from food issues, the Satisfied workbook is the latest resource from food addiction counselor, Dr. Rhona Epstein. This successor to *Food Triggers* and the successful *Satisfied* devotional is a workbook with the step-by-step help needed for overcoming struggles with food.

Rooted in the familiar process of twelve-step recovery programs and based on psychologist Dr. Rhona's thirty years of experience in addiction recovery, *The Satisfied Workbook: A Spiritual Guide to Recovery and Food Freedom* pairs scriptural encouragement with her counseling expertise and personal experiences, as well as practical questions and applications for readers.

THE PLAN

- National Media Campaign
- Extensive Early Influencer Mailings
- Comprehensive Digital Marketing and Pre-sell Campaigns
- "Satisfied Live!" Online Experience with Dr. Rhona

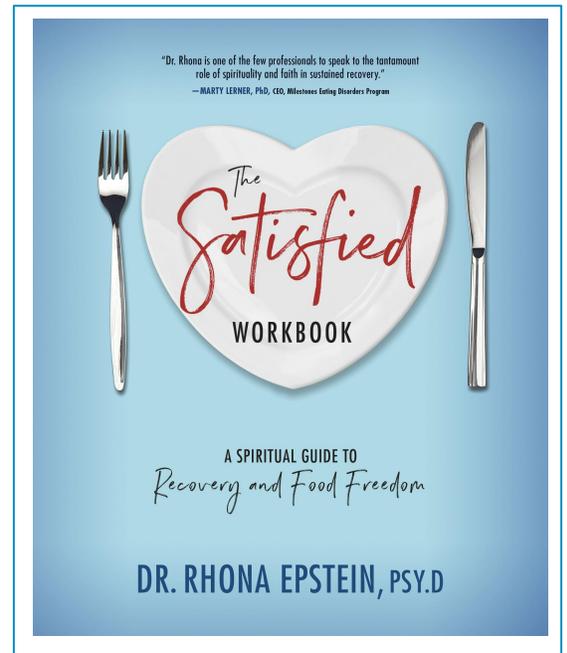
THE AUTHOR

Rhona Epstein, Psy.D., is a licensed psychologist, addictions counselor, and marriage and family therapist in the Philadelphia area, and the author of *Food Triggers: End Your Cravings, Eat Well, and Live Better* and *Satisfied: A 90-Day Spiritual Journey Toward Food Freedom*. For more than thirty years, she's led seminars, conferences, and therapeutic workshops to help people overcome food addiction and its underlying issues.

Dr. Rhona received her doctorate in clinical psychology from Chestnut Hill College and her master's degree in counseling psychology from Temple University. Fueled by her own experience and recovery from food addiction, she is passionate about addressing the needs of the whole person (mind, body, and spirit). Dr. Rhona lives in the Philadelphia, PA, area; *The Satisfied Workbook* is her third book.

THE COMPS

9781414313283	<i>The Life Recovery Workbook</i>	Arterburn Stephen
9780936077208	<i>The Food Feelings Workbook</i>	Karen Koenig
9781541136083	<i>The Full Life</i>	Asheritha Ciuciu



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