

# DR. RHONA

**SPEAKER, AUTHOR, PSYCHOLOGIST,  
CERTIFIED ADDICTIONS COUNSELOR**

## ABOUT RHONA

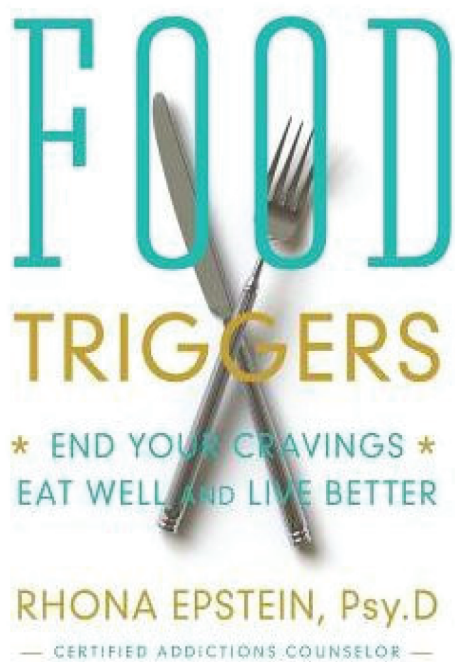


**Dr. Rhona Epstein, Psy.D., C.A.C., is a licensed psychologist, certified addictions counselor, and marriage and family therapist in the Philadelphia area, and the author of *Food Triggers: End Your Cravings, Eat Well and Live Better* and *Satisfied: A 90-Day Spiritual Journey Toward Food Freedom*.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

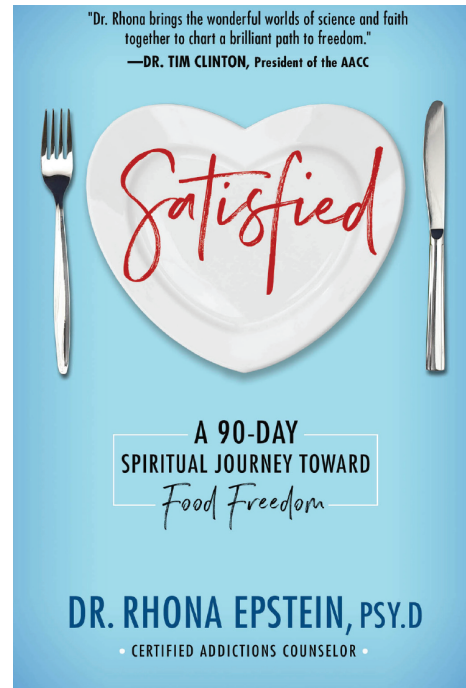
## RHONA'S STORY

**After a devastating battle with binge eating and bulimia in her teen years, Rhona began her journey toward food freedom at age seventeen. Deeply impacted by the recovery process, she became determined to devote her life to helping others battle food abuse and weight obsession. She has also worked with individuals and families facing drug and alcohol addictions in both inpatient and outpatient treatment centers. While she has expanded her ministry efforts to reach people with a wide variety of issues, she specializes in addictions and eating disorders. Her goal is to address the emotional and relational aspects of addiction - things such as healing past wounds, how to set boundaries, forgiveness, healthy and honest communication, and full dependence on God. Through the resources God has given her to write, she has been able to speak to these topics and much more!**

## RESOURCES FOR MINISTRY



**Food Triggers** is full of practical applications from Scripture, genuine compassion, and true stories of struggle and success. This book helps readers understand that addictive eating is a physical, emotional, and spiritual problem that must be addressed on all three levels in order to achieve true freedom. Food Triggers isn't just another diet book: it is truly a food addict's roadmap to the Promised Land - the land of success, peace, and total freedom.



In **Satisfied**, Dr. Rhona takes readers on an intense 90- day journey toward those first bold steps to liberation from slavery to food cravings. For those simply looking for healthier food behavior or those deeply struggling with food addiction and abuse, these 12 weeks of reflections - rooted in the 12 Steps of recovery and based on Dr. Rhona's personal and professional experiences - combine spiritual guidance with practical encouragement. By trusting God one day at a time, He will heal your heart and soul from the inside out. In doing so, you can be truly, fully satisfied.

*FOR HE HAS SATISFIED THE  
THIRSTY SOUL, AND THE  
HUNGRY SOUL HE HAS FILLED  
WITH WHAT IS GOOD.  
- PSALM 107:9*

Dr. Rhona is a regular speaker for the Association of American Christian Counselors. She has vast experience in speaking at intensive workshops, retreats, conferences, and more. Some of her most popular topics include:

- Finding Freedom From Food Addiction
- 12 Step Recovery
- Breaking Strongholds
- Loving the Body God Gave You
- Standing Firm on the Word of God
- Forgiveness
- The power of God in You
- Overcoming Unbelief

If you would like more information on having Dr. Rhona come speak at your event, please contact her at [dr rhona@gmail.com](mailto:dr rhona@gmail.com).