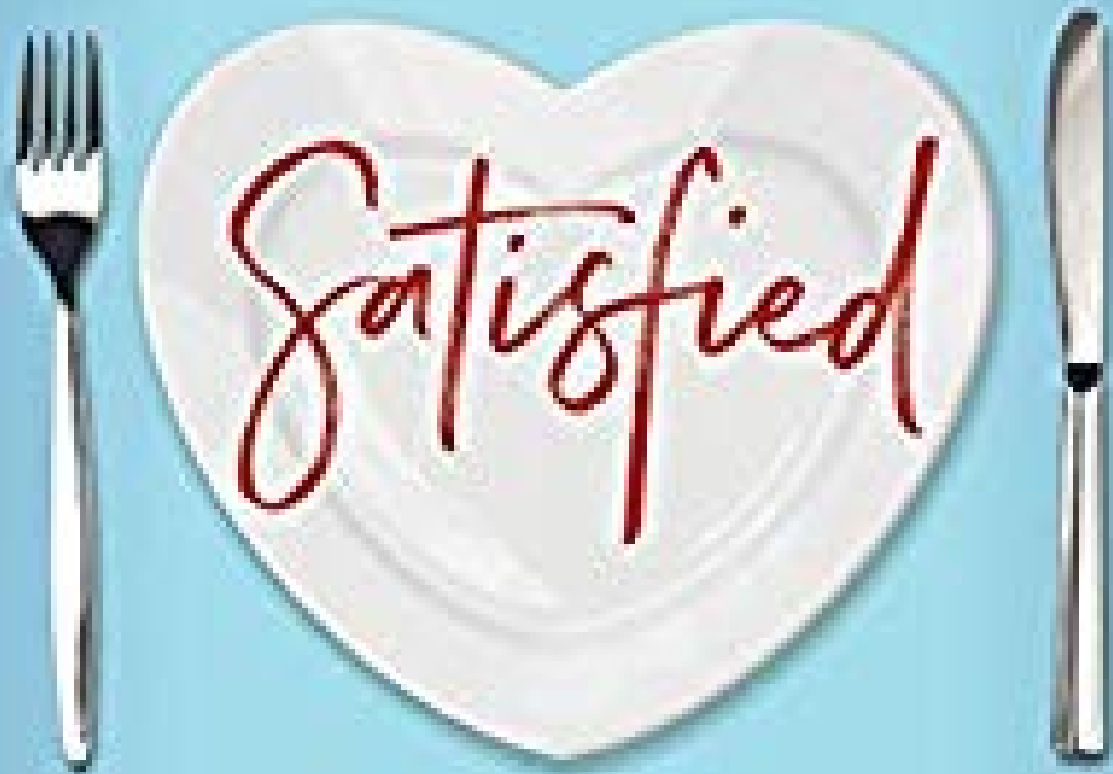


"Dr. Rhona is one of the few professionals to speak to the paramount role of spirituality and faith in sustained recovery."

—BARTY LERNER, Ph.D., CEO, Whitehouse Eating Disorders Program



A 90-DAY
SPIRITUAL JOURNEY TOWARD
Food Freedom

DR. RHONA EPSTEIN, PSY.D

• CERTIFIED ADDICTIONS COUNSELOR •

Dr. Rhona Epstein

Satisfied: A 90-Day Spiritual Journey Toward Food Freedom



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Experience this dynamic 90-day journey and satisfy your true hunger. Maybe you question if you're brave enough to face the oppressive power meals has over you, or just how it makes you experience yourself. And if not really, are you set to take those initial steps toward food independence? Are you satisfied with your romantic relationship with food? Dr. Or possibly you've lost hope that anything can transform. Maybe you're only beginning to recognize your romantic relationship with meals isn't a healthy one. Rhona experienced all this and more. Because she has lived through and conquer food addiction, she knows too well the struggles in beginning the road to freedom. That is why she's written this energetic devotional journey to encourage you to consider those first bold actions towards liberation, with God's help. Satisfied is designed for anyone wanting to change just how they relate with food, from those just looking for healthier food behaviors, to those deeply fighting food addiction and misuse, the useful time-tested strategies and tools in this publication can ensure that food takes its proper place in your daily life. Rhona's experiences in more than 30 years as an addiction recovery counselor, Satisfied pairs scriptural guidance with her counseling experience. Rooted in the 12 Methods of proven recovery applications, and based on Dr. By trusting God 1 day at a period, He'll heal your heart and soul from the within out. In doing so, you could be truly, fully satisfied.



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FREEDOM-true freedom! My chains have died! Life changing! I've read a LOT of recovery literature when it comes to food addiction. Dr. Rhona's publication has had the deepest effect and ignited the greatest forward movement in my recovery. I have been searching for a new devotional that will help me through on a daily basis with my food addiction. Rhona specifically targets food addiction, the concepts in this publication can easily be applied to any kind of addiction. Satisfied 90 day time Devotional outlines the task of reforming his . Dr. Each devotional contains relevant Scripture to back up her stage and action points to put it into practice..The daily writings are beautifully inspiring and the Freedom activities are wholly thought provoking.. I cannot discover genuine help in the publication since I am not really Christian..Client responds: Wow! I am so pleased I purchased this book I am so glad I purchased this reserve! I would recommend it to anyone who is serious about investing in a healthier lifestyle. Faulty book binder Good book, binder dropping apart though..... Very helpful. Looking forward to operating through this book, since it's so customized to my needs at this time Disappointed in having less depth to the book Disappointed in having less depth to the book. It may be simply were I am individually, but I came across it to be extremely shallow. Very good I wish it had more scripture but we use this in our Weight Reduction Support Group.and have finally found it! Epstein, for making my service to this client effective by creating a device with engaging relevant content. Pursuing are quick notes from responses received from a new client about his interaction with your devotional publication. I am a second year college student in the Psychotherapy and Spirituality Residency. DP is certainly a 44 year older wedded white male who got weight loss surgery before becoming my client E66.9 medical diagnosis to explore feeling of self and fresh normal post surgery... provided duplicate of your book received at AACC TN conference to preview and make use of as part of treatment plan. Beautifully written, it reminds me daily that I am not alone on this journey. Publication helped him recognize food as an addiction and temptation. Great Devotional on Issues of Addiction This book is a good devotional for dealing with any type of addiction. Only buy in case you are Christian.. Most of God's best to you as you keep up to equip and liberate customers. however this client has absorbed the message of Satisfied into his lifestyle philosophy... Client had half the pages tabbed because the application and reflections are relevant to his tale and journey... he completed the complete book and discovered it engaging, held his focus on end goal, written in a manner where his experience was he had not been on this journey alone...Client has made peace with addiction, onto new journey...Thanks, Dr. When I go through "spiritual" (relating to or affecting the human spirit or soul as opposed to material or physical stuff), I did so not think it was more towards Christians.. Satisfied 90 day time Devotional outlines the duty of reforming his relationship with food... A simple need of consuming became distorted into an appetite that became his psychological response... Scriptures in Satisfied Devotional Journey were all on stage without reaching to create one fit context... This is a reserve for one's library, to suggest to others with robust enthusiasm, and someone to be referred to when falling victim to temptation and addressing specific food craving which morphs character without it; We take two days a week Beautifully written, it reminds me daily that I am . Rhona comes with an easy to read design with profound insight in to the heart of the problem.. They are brief enough that you do not feel overwhelmed with information, but with enough material to encourage deeper research into the cause of your addiction. While Dr. In case you are desperate for a grace filled method of recovery from any addiction that will educate you on to find your full satisfaction in Jesus, that is your book.



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