



# Food Triggers: End Your Cravings. Eat Well and Live Better

*Epstein Rhona*

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## **Food Triggers: End Your Cravings. Eat Well and Live Better** Epstein Rhona

A licensed psychologist and certified addictions counselor, Epstein brings insights learned through her own battle with addictive eating to deliver tangible action steps to overcome eating issues. It is written for people who are currently battling an unhealthy relationship with food. 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.

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