

ROSE ANN FORTE

CHOOSE FREEDOM®



Rose Ann Forte is an international best-selling author and addiction and behavioral habits specialist, and the creator of the Choose Freedom® Program.

She is the author of *The Plans He Has For Me, Prepare to Quit*, and co-author of *Transformed by His Promises* with Dr. Karl Benzio.

A former executive and church leader who overcame alcohol addiction, Rose Ann now equips individuals, churches, and faith-based organizations with tools for lasting, shame-free transformation.

HER LATEST WORK IS ENDORSED
BY LEADERS SUCH AS:

Dr. Jim Daly

Dr. Daniel Amen

Dr. Tim Clinton

Dr. John Townsend

Choose Freedom® is a biblically based, neuroscience-informed, and evidence-based transformation brand that helps people break free from life-interfering thoughts, emotions, and behaviors—not through willpower, but through the renewal of the mind.

At the heart of the Choose Freedom® approach is a structured 12-week journey that blends biblical truth, neuroscience, and practical tools for emotional healing, habit change, and spiritual formation.

Whether individuals are struggling with alcohol, anxiety, toxic patterns, or emotional strongholds, Choose Freedom® offers hope-filled, faith-forward tools that provide clarity, structure, and a pathway toward lasting freedom.



ENDORSEMENTS & MEDIA CONTACT



**To schedule an interview,
contact:**

Rose Ann Forte, Author

Choose Freedom® Program
Creator

TRANSFORM LIVES WITHOUT
STIGMA/CREATE IMPACT

www.choosefreedom.today

"Her message on renewal and habit change resonates so deeply. I had to air this twice."

— America Tonight Radio with Kate Delaney

"Many Christians struggle with habits and behaviors that aren't consistent with the Christlike life they want to live, but they feel incapable of change. The great news is that by God's grace and power, our hearts and minds can be dramatically transformed. This book can show you how."

— Jim Daly, President, Focus on the Family

"Blending the neuroscience of habit formation with mindfulness and Scripture, this 12-week devotional provides a powerful framework for transforming one's life and breaking free from the habits that haunt us and hold us back."

— Daniel G. Amen, M.D., Double board-certified psychiatrist; Founder, Amen Clinics; Author of *Change Your Brain Every Day*

"This is a biblically based, neuroscience-informed, and highly practical devotional designed to help us experience transformative changes in how our mind functions—changes that positively shape our behaviors, emotions, and relationships with God and others. Highly recommend!"

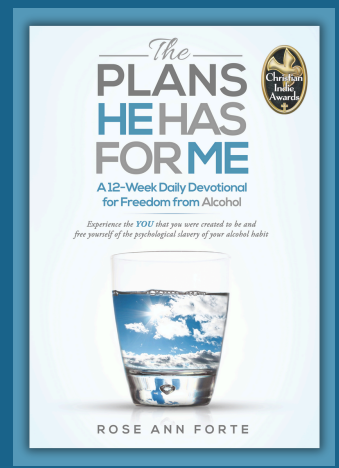
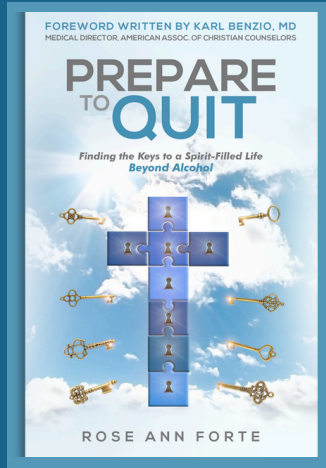
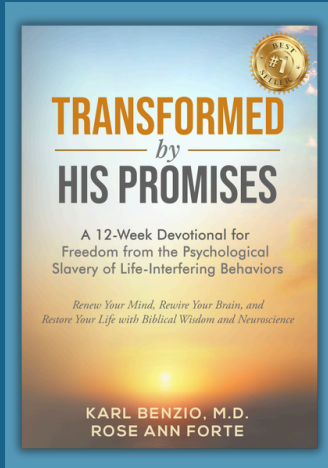
— John Townsend, Ph.D., Psychologist; NYT bestselling co-author of *Boundaries*

"Transformed by His Promises is a powerful guide for overcoming life-interfering behaviors through faith, reflection, and intentional decision-making."

— Tim Clinton, Ed.D., LPC, LMFT, President, AACC

SUGGESTED QUESTIONS

BOOKS



1. Why does willpower alone fall short when it comes to lasting transformation?
2. How does Choose Freedom® bring together biblical truth and neuroscience?
3. What makes Choose Freedom® different from other Christian recovery programs?
4. How do shame, forgiveness, and identity affect our freedom journey?
5. How does the 12-week Choose Freedom® process help people who feel stuck?
6. Why do so many people hide their struggles in the Church—and how does Choose Freedom® address that?
7. You've lived this personally. How did your own journey with alcohol shape the way you now lead others toward freedom?
8. What are some of the biggest lies that keep people stuck—and how does truth break them?
9. Why is it so important to integrate faith and mental health right now?
10. For someone who feels like they've failed too many times, what hope would you offer them?

SUGGESTED ON-AIR INTRODUCTION (OPTIONAL | 20–25 seconds)

“Our guest today is Rose Ann Forte—an international best-selling author, addiction and behavioral habits specialist, and the creator of the Choose Freedom® Program. She is also the co-author of *Transformed by His Promises*, which integrates biblical wisdom and neuroscience to help people break free from life-interfering thoughts, emotions, and behaviors.”