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End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food 256. ... MD, is codirector of the Stanford Adult Eating and Weight Disorders Clinic and coauthor of Dialectical Behavior Therapy for Binge Eating and Bulimia.

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End Emotional Eating offers skills based in dialectical behavior therapy (DBT) for alleviating readers' reliance on emotional eating. New and emerging research indicates that DBT, while originally developed to treat borderline personality disorder (BPD), can dramatically improve anyone's ability to handle the out-of-control emotions that are often at the root of this eating pattern.

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Eating can all too easily become a strategy for coping with depression, anxiety, boredom, stress, and anger, and a reliable reward when it's time to celebrate. If you are ready to experience emotions without consuming them or being consumed by them, the mindfulness, acceptance, and dialectical behavior therapy (DBT) skills in End Emotional Eating can help.

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