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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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End Emotional Eating (Paperback) Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food. By Jennifer Taitz, Debra L. Safer (Foreword by) New Harbinger Publications, 9781608821211, 241pp. Publication Date: July 1, 2012

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