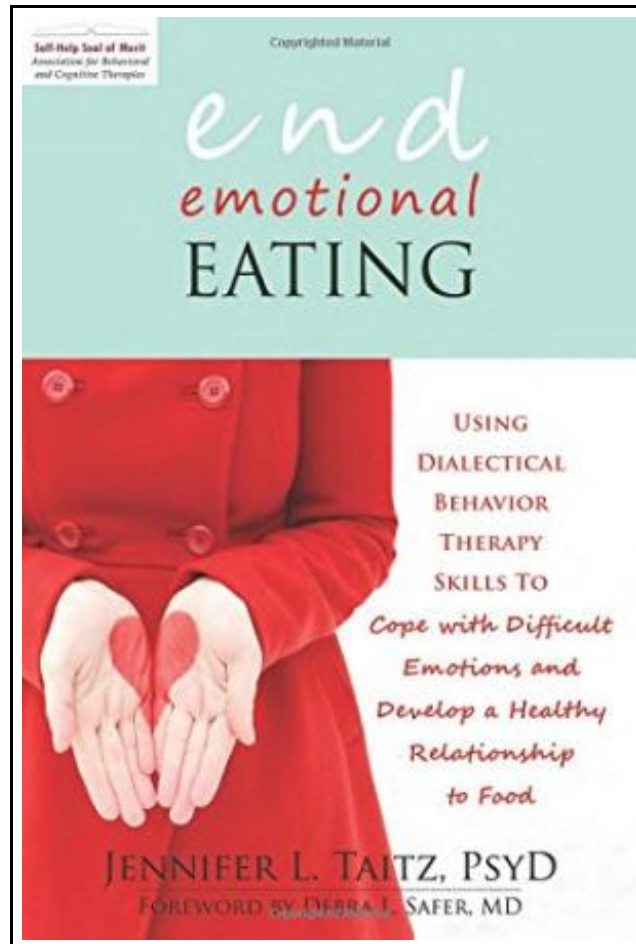


## End Emotional Eating: Using Dialectical Behaviour Skills to Comfort Yourself without Food



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, End Emotional Eating: Using Dialectical Behaviour Skills to Comfort Yourself without Food, Jennifer Taitz, Though it shares many similarities with eating disorders, emotional eating is embedded in and accepted by our culture in many ways. Happy events and celebrations call for indulgence and overeating, but so do the lowest emotional points. Emotional eating becomes a problem when this dysfunctional eating pattern becomes a go-to mechanism for coping with depression, anxiety, loss, rejection, and anger. 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. Readers learn to experience cravings without acting on them and enjoy food while respecting their bodies and their health.

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