

End Emotional Eating Using Dialectical Behavior Therapy Skills To Cope With Difficult Emotions And Develop A Healthy Relationship To Food

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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.

[End Emotional Eating: Using Dialectical Behaviour Skills ...](#)

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. This book does not focus on what or how to eat—rather, these scientifically supported skills will teach you how to manage emotions and urges gracefully, live in the present moment, learn from your feelings, and cope with distress skillfully.

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[End Emotional Eating: Using Dialectical Behavior Therapy ...](#)

If you eat to help manage your emotions, you may have discovered that it doesn't work. Once you're done eating, you might even feel worse. 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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end emotional eating Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food An award-winning popular audience book by Dr. Jenny Taitz, Psy.D. introduces the latest scientifically supported theories and strategies to people who struggle with emotional eating in an accessible and entertaining manner.

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