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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

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