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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,

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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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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

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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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eat to help manage your  
emotions, you may have  
discovered that it doesn't

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work. Once you're done eating, you might even feel worse.

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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



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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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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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you how to manage emotions  
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triggers of bingeing and other types of 'stress eating.' Readers learn how to stop using food to soothe emotional pain and gain concrete skills for coping in a new and healthier way ... [featuring] pointers for

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hungry and overeat,  
sometimes it's not about the  
food. In this important  
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struggles with emotional eating and weight gain. For over fifty years, nutritional and medical scientists have dissected the problem of obesity. The result of this half-century of investigation has been a

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series of recommendations about what and how much to eat, and an unintended consequence is that we've been deprived of the joy of eating. From low-fat diets to the no-carb craze, the market has been continually

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flooded with one assortment of fad products and diets after another. So, when does it end? If you're struggling with emotional overeating and are trying to lose weight, you should know that you don't need to deny

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the real psychological needs  
that underlie your food  
cravings, how to meet those  
needs in positive ways, be  
mindful of your body, and



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find the deep satisfaction  
many overeaters seek in  
food. It's not about food.  
It's about how food is used  
to self-soothe, numb  
ourselves against the pain  
of living, or self-medicate  
in coping with stress and

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unresolved emotions. The Anchor Program™ approach detailed in this book is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your

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yourself feel better--to  
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Unfortunately, emotional  
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being consumed by them, the  
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your best friend. According to a recent Self Magazine, 65% of all women have an unhealthy relationship with food. Often they use food to numb feelings and become binge eaters or overeaters. Food becomes their primary

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means for coping with  
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and other difficult  
feelings. Drawing on her  
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developed a revolutionary approach for rewiring your brain that incorporates spiritual, physical and emotional tools for getting healthy. This 21 day plan brings together tools from psychotherapy, the 12 Steps,

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personal growth, work, and energy healing. Stop Eating Your Heart Out offers a way to rewire the brain to respond differently to the impulses and feelings that create bingeing. Beck, a therapist, and former binge

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takes an approach to  
recovery from emotional  
eating that incorporates  
spiritual, emotional, and  
energy work.

Bring an end to emotional  
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root of the problem. Most books about emotional eating tend to focus on how to strengthen self-restraint or how to identify what triggers it. The former can make the problem worse, while the latter may be

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different each time it occurs. Both approaches fail to help emotional eaters understand why they feel compelled to do something that they don't want to do in the first place. This understanding is the key to

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changing this behavior.

Howard Farkas, who has more than two decades of professional and teaching experience as a clinical psychologist specializing in emotional eating, explains the underlying motive that

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drives the behavior:

emotional eating is not a  
passive failure of self-

control, but an active

impulse to reject the

control of dieting. This

defiant need "to be bad"

usually leaves the person

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feeling guilty and anxious about their eating, and recommitting to their diet until the cycle repeats, and the compulsive eating recurs. 8 Keys to End Emotional Eating provides a detailed plan for breaking



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this pattern. By explaining the root cause that drives the desire to binge, Farkas offers practical skills to help you learn to change your mindset about dieting and end the impulse to binge. His road map for the

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future will help readers maintain healthy eating habits for years to come.

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unhealthy comfort foods, or eat beyond fullness, something is out of balance.

Recent advances in brain

science have uncovered the

crucial role that our early social and emotional

environment plays in the

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development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as

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food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be

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rewired for optimal  
emotional health. When Food  
Is Comfort presents a  
breakthrough mindfulness  
practice called Inner  
Nurturing, a comprehensive,  
step-by-step program  
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was herself an emotional eater. You'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-

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esteem, more energy, and  
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