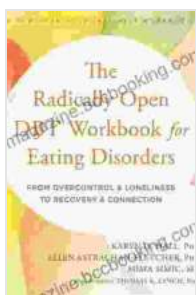


The DBT Solution for Emotional Eating: Break Free from Bingeing and Achieve Lasting Weight Loss

Do you struggle with emotional eating? Do you find yourself overeating when stressed, anxious, or upset? If so, you're not alone. Emotional eating is a common problem that can lead to weight gain, health problems, and low self-esteem.

The good news is that there is a solution. The DBT Solution for Emotional Eating is an evidence-based treatment program that can help you overcome emotional eating and achieve lasting weight loss.

DBT stands for Dialectical Behavior Therapy. It is a type of therapy that was originally developed to treat borderline personality disorder. However, DBT has since been found to be effective for treating a variety of other mental health conditions, including emotional eating.



The DBT Solution for Emotional Eating: A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating by Larry Olmsted

★★★★☆ 4.5 out of 5

Language : English
File size : 2313 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 278 pages



DBT is based on the idea that there are two main factors that contribute to emotional eating:

1. **Emotional dysregulation:** Difficulty managing emotions, which can lead to overeating as a way to cope.
2. **Cognitive distortions:** Negative thoughts and beliefs about yourself, your body, and food.

DBT teaches you skills to help you manage both of these factors.

The DBT Solution for Emotional Eating is a comprehensive treatment program that includes the following components:

- **Mindfulness training:** Teaches you how to pay attention to your thoughts, feelings, and bodily sensations without judgment.
- **Interpersonal effectiveness skills:** Teaches you how to communicate effectively, set boundaries, and build healthy relationships.
- **Emotion regulation skills:** Teaches you how to manage your emotions in a healthy way, without resorting to overeating.
- **Distress tolerance skills:** Teaches you how to cope with difficult emotions and situations without giving up.

The DBT Solution for Emotional Eating is typically delivered in a group setting. However, it can also be delivered individually.

The DBT Solution for Emotional Eating has been shown to be effective for treating emotional eating. Research has shown that people who complete the program are able to:

- **Reduce their emotional eating**
- **Lose weight and maintain a healthy weight**
- **Improve their body image**
- **Reduce their stress levels**
- **Improve their overall mental health**

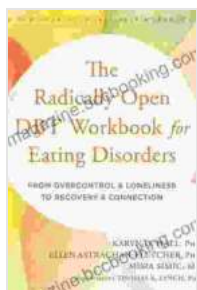
The DBT Solution for Emotional Eating is for anyone who struggles with emotional eating. It is particularly helpful for people who have tried other weight loss programs but have not been able to maintain their weight loss.

If you are interested in trying the DBT Solution for Emotional Eating, there are a few things you can do to get started:

1. **Talk to your doctor:** Your doctor can help you determine if DBT is right for you.
2. **Find a DBT therapist:** You can find a DBT therapist in your area by searching online or asking your doctor for a referral.
3. **Join a DBT group:** There are many DBT groups available throughout the country. You can find a group in your area by searching online or asking your doctor for a referral.

The DBT Solution for Emotional Eating is a powerful tool that can help you overcome emotional eating and achieve lasting weight loss. If you are

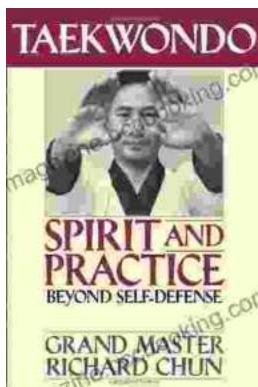
struggling with emotional eating, I encourage you to learn more about DBT and to consider trying the program.



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