



The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life

Ellen Astrachan-Fletcher, Michael Maslar

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At the root of bulimia is a need to feel in control. While purging is a strategy for controlling weight, bingeing is an attempt to calm depression, stress, shame, and even boredom. **The Dialectical Behavior Therapy Skills Workbook for Bulimia** offers new and healthy ways to overcome the distressing feelings and negative body-image beliefs that keep you trapped in this cycle.

In this powerful program used by therapists, you'll learn four key skill sets-mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness-and begin using them right away to manage bulimic urges. The book includes worksheets and exercises designed to help you take charge of your emotions and end your dependence on bulimia. You'll also learn how to stay motivated and committed to ending bulimia instead of reverting to old behaviors. Used together, the skills presented in this workbook will help you begin to cope with uncomfortable feelings in healthy ways, empower you to feel good about nourishing your body, and finally gain true control over your life.

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