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## Calming The Emotional Storm Using Dialectical Behavior Therapy Skills To Manage Your Emotions And Balance Life Sheri Van Dijk

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Calming the Emotional Storm: Using Dialectical Behavior ...  
Dialectical behavior therapy (DBT) is a treatment originally designed  
to treat borderline personality disorder (BPD). In recent years, it has  
been increasingly used to treat many other disorders such as  
depression, anxiety, and bipolar disorder, in which emotion

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dysregulation plays a key role.

## To Manage Your Emotions And Balance Life Sheri Van Dijk

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These life-changing skills can save many readers from unnecessary suffering due to the “ emotional storm ” inside. Download Calming the Emotional Storm : Using Dialectical Behaviour Skills to Manage Your Emotions and Balance Your Life –

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Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations.

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Sheri Van Dijk CALMING THE EMOTIONAL STORM Summary  
Summary: Calming the Emotional Storm is about how to bear emotional pain skillfully. The book distills the core teachings of Dialectical Behavior Therapy (DBT), which is a branch of psychotherapy with the premise that (similar to CBT) your thoughts,

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emotions, and behaviors are interconnected and that by changing any one component, you can influence the others.

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