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Van Dijk is the author of several books, including Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions & Balance Your Life and The Dialectical Behavior ...

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Emotions And Balance Life
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DSM are related to emotion dysregulation - the inability to manage emotions effectively. Given that Dialectical Behavior Therapy (DBT) was initially created to treat Borderline Personality Disorder (BPD), of which emo-

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