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Autore	Apple Robin F
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Sommario/riassunto	1. Introduction. 2. Understanding Your Eating Behavior. 3. Normalizing and Keeping Track of Your Eating. 4. Weighing In. 5. Pleasurable Alternative Activities. 6. Challenging Eating Situations: People, Places and Foods. 7. Problem Solving and Cognitive Restructuring. 8. Body Image. 9. Congratulations: You're On Your Way to the O.R. 10. ""What Happens After Surgery?""