

I'm here to help you.

Description:

I've been in practice for 25+ years with a specialty treating eating disorders.

I use a variety of techniques such as insight oriented therapy, behavioral therapy, problem solving, and body awareness exercises. Together we will sort through your challenges and put new behaviors in place that will lead you to a better relationship with your body and food.

You will find me to be compassionate, warm, non judgemental and accessible.

I hope to hear from you.

Address Line 1: 40 Crescent Street

Country: USA

State: Massachusetts

City: Waltham

Zip: 02453

Website: <http://www.lindasacks.com>