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This piece was originally published in *The Diplomat* Tuesday Nov 15 2011 Interdependence and the Limits of a visit took place obscured the fact that the region really is changing for the In buying or leasing British or American SSN s, Australia would find itself almost completely beholden to the goodwill of a foreign power for its basic defense, with potentially deleterious implications for its policy of national self-reliance.

Japan, India and the countries of Southeast Asia have a much more immediate stake in containing the reach of Chinese power.

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It s time to begin planning for alternatives.

First, they are not presently available, and there are few signs that Washington or London would be prepared to transfer their most cutting edge nuclear propulsion and defence technology to any country, even a close ally like Australia.

Ross Babbage wrote a recent article in *The Diplomat* advocating for U.S.

Canberra would, in my view, be far better served by emulating key aspects of China s own sea-denial strategy, which blurs strategically defensive objectives with an offensive war-fighting doctrine to clear rival navies out of designated areas.

predominance, and the reality of Washington s receding power, Harry contends that Australia and other U.S.

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Cynthia M. Bulik, Ph.D., FAED , is the William and Jeanne Jordan Distinguished Professor of Eating Disorders in the Department of Psychiatry at the University of

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Dr. Cynthia M. Bulik is the (Rodale), Crave: Why You Binge Eat and How To Stop (Walker), Abnormal Psychology (Beidel, Bulik, Stanley; Prentice Hall)  
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Maine recommends the book Crave: Why You Binge Eat and How to Stop by Cynthia M. Bulik. You might also consider getting therapy.  
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Cynthia Bulik, director of the UNC Eating Disorders Program, is a foremost authority on binge eating. BED can affect anyone, and can be caused by brain chemistry

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Comments: Book explores reasons for cravings and binge eating

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Clinical psychologist Cynthia M. Bulik is a leading authority on eating podcast series accompanying the book Crave: Why You Binge Eat and How to Stop by

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1 quote from Crave: Why You Binge Eat and How to Stop: Often, we may feel a wave of inspiration come over us, but then it passes, sometimes too quickly

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Binge Control is a compact guide to understanding binge eating disorder (BED) and a companion to Crave: Why You Binge Eat and How to Stop. It is designed to help

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