



## Maria-Christina Stewart

Adjunct Clinical Instructor, Psychiatry and Behavioral Sciences

### Bio

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#### BIO

Dr. Stewart specializes in the prevention and treatment of eating, obsessive-compulsive, anxiety, and depressive disorders - and the intersection between them. At Stanford she lectures on evidence-based eating disorder treatments for children and adolescents. Dr. Stewart also runs a private practice, writes, consults, lectures, and hosts the 'Meaning Vs Merit' podcast - exploring how to find meaning in our achievement and merit-focused culture.