



Beck Diet Solution Weight Loss Workbook: The 6-week Plan to Train Your Brain to Think Like a Thin Person

Judith S. Beck

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How many times does a dieter enthusiastically and faithfully start a weight-loss regimen only to end up a week, a month, a year later giving in to hunger and cravings again and again--and before he or she knows it, the pounds have packed back on? This time, it's going to be different. This time, there's The Beck Diet Solution Weight Loss Workbook--a straightforward, effective plan for dieting successfully, losing weight with confidence, and, most importantly, keeping those excess pounds off forever. Dr. Judith Beck, director of the Beck Institute for Cognitive Therapy and Research, is a world-recognized authority in the field of Cognitive Therapy. In her first weight-loss book, The Beck Diet Solution, she created a unique program that revolutionized people's approach to shedding pounds by changing both behavior and thinking. Rather than tell what to eat, Dr. Beck's step-by-step, six-week plan--which works with any nutritious diet--teaches the skills needed to stay continuously motivated to stick to a diet and to achieve lasting weight loss. Features Works for dieters who are familiar with the original The Beck Diet Solution book AND for those coming to the program for the first time through this workbook It is a stand-alone workbook that will incorporate the philosophy of Cognitive Therapy for weight loss and give the reader a map to plan and chart their own weight-loss program Highly user-friendly, with plentiful opportunities to connect with other real-life dieters through their stories and sessions with Dr. Beck There is a place for the reader to fill out lists of favorite foods, trigger foods, and alternatives based on a healthy eating plan

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