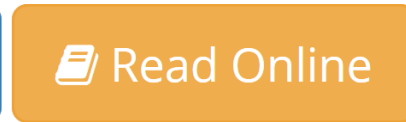


## The Beck Diet Solution: Train Your Brain to Think Like a Thin Person

By Judith S. Beck



**The Beck Diet Solution: Train Your Brain to Think Like a Thin Person** By Judith S. Beck

This time, its going to be different.

This time, you are going to diet successfully, lose weight with confidence, and, most importantly, keep it off forever.

That's because The Beck Diet Solution is the first book that teaches dieters how to apply the proven benefits of Cognitive Therapy to dieting and weight loss: how to think differently, change your eating behavior, and lose weight permanently. In fact, Cognitive Therapy is the only psychological method shown to help dieters keep off excess weight once they lose it.

The Beck Diet Solution will change the way you think about eating and weight loss forever!

Written by world-expert Cognitive Therapist Dr. Judith S. Beck, The Beck Diet Solution is a remarkable six-week program that gives you all the tools you need to train your brain to think like a thin person. This breakthrough approach, which works in tandem with any nutritional diet plan shows you how to make the kinds of positive, long-term thinking and behavioral changes necessary to lose weight and to maintain your weight loss, not just for the short run but for the rest of your life!

Simply put: The Beck Diet Solution teaches you the skills you need to diet successfully and to keep the weight off permanently.

You will discover Dr. Beck's strategies for ensuring long-term weight loss based on over 20 years of successfully coaching dieters in her practice including ways to:

- Learn to stick to any diet.
- Make cravings go awayfast!
- Resist tempting foods.
- Deal with trigger eating situations.
- Say, No, thank you, to food pushers.
- Put an end to emotional eating.

Conquer every excuse to overeat.  
Find time to exercise.  
Lose weight and keep it off for a lifetime!

Give yourself the mental and emotional foundation you need to succeed with The Beck Diet Solution.

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### Editorial Review

From Publishers Weekly

Can thinking and eating like a thin person be learned, similar to learning to drive or use a computer? Beck (*Cognitive Therapy for Challenging Problems*) contends so, based on decades of work with patients who have lost pounds and maintained weight through Cognitive Behavioral Therapy (CBT). Beck's six-week program adapts CBT, a therapeutic system developed by Beck's father, Aaron, in the 1960s, to specific challenges faced by yo-yo dieters, including negative thinking, bargaining, emotional eating, bingeing, and eating out. Beck counsels readers day-by-day, introducing new elements (creating advantage response cards, choosing a diet, enlisting a diet coach, making a weight-loss graph) progressively and offering tools to help readers stay focused (writing exercises, to-do lists, ways to counter negative thoughts). There are no eating plans, calorie counts, recipes or exercises; according to Beck, any healthy diet will work if readers learn to think differently about eating and food. Beck's book is like an extended therapy session with a diet coach. (Apr.)

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### About the Author

Judith S. Beck, Ph.D., director of the Beck Institute for Cognitive Therapy and Research, a Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania, and the daughter of Aaron Beck—the founding father of Cognitive Therapy. The Beck name is known throughout the world—Dr. Beck's father is known as one of the top 10 most influential psychotherapists in history, on the same list as Sigmund Freud and Carl Jung. Nationally distributed newspapers and magazines frequently seek out Dr. Beck for her expertise on a range of psychological topics. She is also a frequent guest on national television and radio news broadcasts.

### Users Review

#### From reader reviews:

#### David Briggs:

Nowadays reading books be a little more than want or need but also get a life style. This reading habit give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The info you get based on what kind of publication you read, if you want drive more knowledge just go with education books but if you want really feel happy read one using theme for entertaining like comic or novel. The actual The Beck Diet Solution: Train Your Brain to Think Like a Thin Person is kind of publication which is giving the reader unpredictable experience.

#### Jane Hanscom:

Typically the book The Beck Diet Solution: Train Your Brain to Think Like a Thin Person will bring someone to the new experience of reading some sort of book. The author style to explain the idea is very

unique. If you try to find new book to read, this book very ideal to you. The book The Beck Diet Solution: Train Your Brain to Think Like a Thin Person is much recommended to you to see. You can also get the e-book through the official web site, so you can more easily to read the book.

**Kevin Williams:**

Reading a book to be new life style in this year; every people loves to read a book. When you go through a book you can get a lots of benefit. When you read guides, you can improve your knowledge, mainly because book has a lot of information onto it. The information that you will get depend on what sorts of book that you have read. In order to get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, these us novel, comics, along with soon. The The Beck Diet Solution: Train Your Brain to Think Like a Thin Person offer you a new experience in studying a book.

**Glen Bass:**

That reserve can make you to feel relax. This book The Beck Diet Solution: Train Your Brain to Think Like a Thin Person was bright colored and of course has pictures on there. As we know that book The Beck Diet Solution: Train Your Brain to Think Like a Thin Person has many kinds or variety. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and think that you are the character on there. Therefore not at all of book are make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book for you and try to like reading that.

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