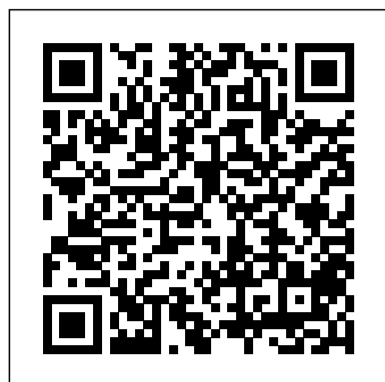


Beck Diet Workbook

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Beck has written an excellent book that, if it were used by all dieters, would make them much more successful in the long-term. I wanted to write a review before finishing the book because I've come I'm half-way through the The Beck Diet Solution.

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The Beck Diet Program was developed by Dr. Judith S. Beck with Deborah Beck Busis, LCSW. Beck Institute for Cognitive Behavior Therapy is a leading international source for training, therapy, and resources in CBT.

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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 ...

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Beck Diet Solution Weight Loss Workbook is the perfect next step following the Beck Diet Solution (book). Everything I need to continue being motivated to lose weight is in your Workbook. Thank you Judith Beck. Having lost 17 lbs and continuing to lose 5 pounds at a time, I am elated!

The Beck Diet Solution - Wikipedia

Jun 11, 2015 - Explore thebeckdiet's board "The Beck Diet Solution", followed by 955 people on Pinterest. See more ideas about Diet, Weight loss and Cbt training.

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The Beck Diet Solution, authored by Dr. Judith S. Beck, uses cognitive and behavioral techniques to teach dieters how to lose weight and continually motivate themselves to maintain their weight loss. It is one of the first books to apply Cognitive Therapy techniques to dieting and permanent weight loss.

Beck Diet Workbook

Put the power of Cognitive Therapy to work for you with The Beck Diet Solution Weight Loss Workbook. The revolutionary approach to permanent weight loss—which made dieting history in the best-selling book The Beck Diet Solution—now helps you easily integrate the program into your busy schedule.

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