

## **THE DIET TRAP**



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### **The Diet Trap Feed Your Psychological Needs and End the**

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What is The Diet Trap? First it s not one trap; it s the many myths the food and diet industries have taught us like a calorie is a calorie. All calories are not created equal, maybe in terms of energy released in a calorimeter (the most common device for measuring the heat of combustion or caloric value of a material).

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The Diet Trap. 185 likes. The Diet Trap is a book that teaches techniques from Acceptance and Commitment Therapy to help people lose weight and be more

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### **The Diet Trap Why You Should Never Go on a Diet Again and What To Do Instead**

Millions attempt some form of diet yet only a small fraction achieve permanent weight loss. Neuroscientists and science writers Sandra Aamodt and Darya Rose suggest what you should do instead.

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Some studies even show that once a diet is over, a large majority of people gain back all or sometimes even more weight than they lost to begin with. Many of these people were caught unawares by common diet traps. Let's take a closer look at these ten common diet traps 1. Cutting too Many Calories from your Diet  
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**The Preteen Diet Trap childrensministry.com**

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