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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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Judith Beck is the President of the “Beck Institute For Cognitive Behavioral Therapy” located in Pennsylvania. The Beck’s have written more than one diet book such as “The Diet Trap Solution”, but this review in particular will be taking a deeper dive into “The Beck Diet Solution” program.

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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.

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