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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 by Judith S. Beck, available at Book Depository with free delivery worldwide. Presents a six-week program to help readers stick with their diet, lose weight, and keep the weight off, explaining how to use the principles of cognitive therapy to eliminate negative thinking patterns and behaviors that lead to dieting ...

26 Best The Beck Diet Solution images | Diets, Eat healthy ...

Based on The Beck Diet Solution and The Diet Trap Solution, this workshop teaches a CBT method for weight loss and maintenance with the opportunity to practice skills. Learn More. 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 ...

The Beck Diet Solution: Train Your Brain to Think Like a ...

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