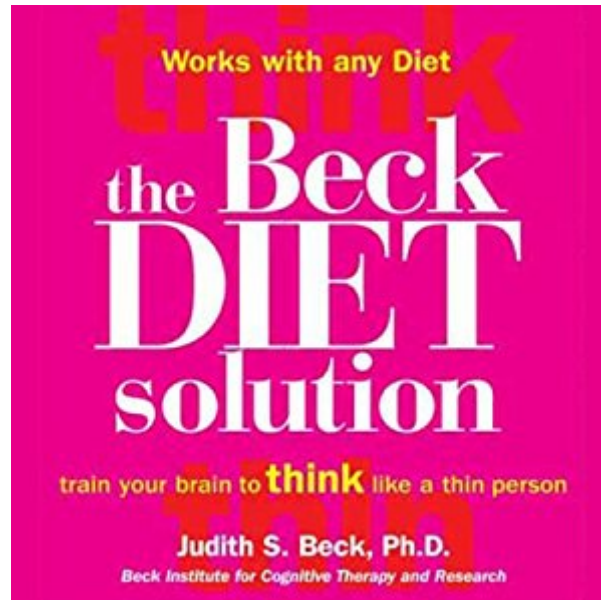




The book was found

# The Beck Diet Solution



## Synopsis

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. --This text refers to the Hardcover edition.

## Book Information

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## Customer Reviews

Very good program. Covers all aspects of what is required to succeed at losing weight and keeping it off. Daily tasks and to do lists keep me motivated and takes me one step at a time towards my goal. If you really want to learn why and how you have not been able to lose weight or keep it off then this is the book for you.

This is the book the OptiFast program uses, and it works. I'm personally down by over 50 pounds and still losing.

This is a book that really gets down to the reasons we eat poorly and gain weight. Not only does it use sound psychological principles, it's written for REAL people who don't want to, or don't have time or money for loads of special 'diet' foods. When someone says 'it's just a case of eating less and exercising more' - this book helps you actually do that, without tears! From the very first few chapters, before you've even started the diet properly, the steps to take help you think more clearly about food intake, how, when, where you eat - and then provides very simple 'rules' that reduce that thoughtless reaching 'just for a tiny bite' or 'a little more of that' or 'I'll just clean these wee bits up'. Don't buy this book if you want quick solutions. Don't buy it if you don't want to look closely at yourself. Don't get it if you think the latest diet food will get you there more easily. This is an in-depth book that helps YOU take control.

This is really effective. I am really losing weight and getting to the bottom of my weight issues. This book is not a gimmick or a joke. There is no magic pill or secret to losing weight. It's really and truly a mind thing.

This book is helpful for people who have difficulties with controlling behavior such as emotional, or boredom eating. I wish it had more illustrations or pull out guides or cards.

I chose this because the "Beck" name is a superstar in the Psychiatry and Psychology world. The book is not a diet per se, but a way to psychologically approach dieting. Useful as an adjunct to help you stay in a healthy eating pattern, with a focus on helping you keep your reasons for dieting in mind at all times, and exercises to help those who eat for emotional, rather than satiety and nutritional reasons. This book should be paired with some kind of reasonable diet plan (my favorite is "Volumetrics") as it is not a diet book in the classical sense. There are lots of mental exercises in

this book to counter destructive thoughts about food and dieting. Great book for emotional eaters, but not helpful for someone who is mainly looking for nutritional advice.

I purchased "the Beck Diet solution: Train your brain to think like a think person" because my daughter highly recommended it to me. She has been successful at losing 30 pounds. I have always been a yoyo dieter and want to lose the weight for the last time and keep it off. The author has some good ideas and I am trying to incorporate some of them in my daily schedule. It has made me very aware that I never take time to enjoy what I'm eating....she says sit down and eat quietly and concentrate on what you are eating instead of standing at the kitchen counter. I'm working on this one. My problem with this book occurred very soon after starting it, when she said get yourself a diet coach. I have recently moved and have not met a person here that I would be comfortable sharing my thoughts and actions with. However, the author has tips and suggestions for working through everything she introduces in the book. I will continue to seek a diet coach for much needed support while dieting. I have determination and believe this book will guide me through to a thinner me.

This book is a great deal of work, but worth it. I have lost 5 pounds, which does not sound like a lot. But I have also been working out and also lost 3 inches. This book is at the heart of it. It really is about changing the way you think about food and about dieting. Some caution is in order, however. It really is a great deal of work. No kidding. It is based on cognitive therapy, which means changing the way you think and you must do numerous daily exercises to get there. I honestly believe most people don't want to do all this stuff and for them it will probably be a waste of money. If you are willing to actually do the exercises, however, something magical does happen. You learn to conquer hunger (my favorite), not overeat because of (name the occasion), keep track of what you actually eating, eat more slowly and so on. It really works, but it is not easy. BTW, you pick your own diet - she only recommends that it be healthy and that you also exercise.

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