



The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good

By Judith S., PhD Beck, Deborah Beck Busis

Download now

Read Online ➔

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis

The New York Times bestselling author of *The Beck Diet Solution* teams up with her daughter and colleague at the Beck Institute for Cognitive Behavior Therapy to teach readers how to think their way thin, offering practical, proven tools for escaping common diet traps for good.

Most diet programs work at first. But then life happens--stress, bad habits, holidays, travel--and we revert to bad habits, and the weight comes back. In this invaluable book, Dr. Judith Beck offers the solution to break free from these common diet traps and keep the weight off for life.

Dr. Beck explains that when it comes to losing weight, it's not just about what we eat. It's also about how we think. To consistently eat differently, we must learn to think differently. Diets fail us because they don't offer effective strategies for overcoming the common traps--emotional eating, social pressure, dining out--that can derail us. Now, she and her daughter, Deborah Beck Busis, share the techniques they have successfully used with thousands of clients, revealing how to overcome the thoughts and behaviors that have held us back. With *The Diet Trap Solution*, readers on any diet regimen can learn to identify their specific diet traps and create action plans to strengthen their "resistance muscle"--making losing weight easy, sustainable, and enjoyable.



[Download The Diet Trap Solution: Train Your Brain to Lose W ...pdf](#)



[Read Online The Diet Trap Solution: Train Your Brain to Lose ...pdf](#)

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good

By Judith S., PhD Beck, Deborah Beck Busis

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis

The New York Times bestselling author of *The Beck Diet Solution* teams up with her daughter and colleague at the Beck Institute for Cognitive Behavior Therapy to teach readers how to think their way thin, offering practical, proven tools for escaping common diet traps for good.

Most diet programs work at first. But then life happens--stress, bad habits, holidays, travel--and we revert to bad habits, and the weight comes back. In this invaluable book, Dr. Judith Beck offers the solution to break free from these common diet traps and keep the weight off for life.

Dr. Beck explains that when it comes to losing weight, it's not just about what we eat. It's also about how we think. To consistently eat differently, we must learn to think differently. Diets fail us because they don't offer effective strategies for overcoming the common traps--emotional eating, social pressure, dining out--that can derail us. Now, she and her daughter, Deborah Beck Busis, share the techniques they have successfully used with thousands of clients, revealing how to overcome the thoughts and behaviors that have held us back. With *The Diet Trap Solution*, readers on any diet regimen can learn to identify their specific diet traps and create action plans to strengthen their "resistance muscle"--making losing weight easy, sustainable, and enjoyable.

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis Bibliography

- Sales Rank: #41301 in Books
- Brand: HarperOne
- Published on: 2015-04-21
- Released on: 2015-04-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .89" w x 6.00" l, .0 pounds
- Binding: Hardcover
- 256 pages

 [Download The Diet Trap Solution: Train Your Brain to Lose W ...pdf](#)

 [Read Online The Diet Trap Solution: Train Your Brain to Lose ...pdf](#)

Download and Read Free Online The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis

Editorial Review

Review

“*The Diet Trap Solution* is a tremendous resource for people who want to transform their lives through healthy eating. It teaches you exactly what you need to do so you can finally lose the weight you want, and stick to your eating plan for life.” (**Mark Hyman, MD**, author of #1 New York Times Bestseller, *The Blood Sugar Solution*)

“Brain health is the first step in body health. With this book, hunger and cravings become something your brain can conquer and replace with productive, nourishing habits that outlast *any* diet.” (**Daniel Amen**, CEO of Amen Clinics, Inc. and New York Times bestselling author of *The Daniel Plan* and *Change Your Brain, Change Your Life*)

“If you’re trying to lose weight, don’t let this book escape your attention. It’s full of insights and sound strategies to escape diet traps. Dr. Beck illustrates that when it comes to weight control, watching what you think is as important as watching what you eat.” (**Thomas A. Wadden, Ph.D.**, Professor of Psychology and Director of the Center for Weight and Eating Disorders, University of Pennsylvania, Perelman School of Medicine)

From the Back Cover

The techniques developed by *New York Times* bestselling author and expert in cognitive behavior therapy Dr. Judith Beck and her daughter, Deborah Beck Busis, have helped hundreds of thousands of dieters lose weight. *The Diet Trap Solution* is the first book of its kind to isolate the most common ways we fail on our diets and offer concrete and practical solutions to avoid these pitfalls for good, even when it seems impossible. No equipment, membership fees, special meals, or specific diet plan required. Instead, dieters need only use that most powerful of all resources—their minds. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off once and for all.

Diet programs all profess to have the magic formula for weight loss: simply eat a certain way and drop ten pounds in a week. But what do you do when your plans fall apart? Your mother-in-law bakes you a surprise birthday cake. Stress at work leads to binge-eating peanut butter and chocolate. A painful breakup causes your diet to go out the window. The truth is, losing and keeping weight off can be extremely difficult, especially when unexpected challenges arise. But learning how to solve these very problems is the surprising solution to lasting weight loss. By identifying the most common traps—stress and emotional eating; friends and family pressure; holidays and travel; and feeling deprived, unmotivated, or discouraged—and then developing actionable escape plans that address each potential diet disaster, anyone can lose weight *and keep it off*.

About the Author

Judith S. Beck, Ph.D., is the *New York Times* bestselling author of *The Beck Diet Solution*, president of the nonprofit Beck Institute for Cognitive Behavior Therapy in Philadelphia, and clinical associate professor of psychology in psychiatry at the University of Pennsylvania. She has written over a hundred articles and books and has served as a consultant for several National Institute of Mental Health studies. Dr. Beck has

presented hundreds of workshops nationally and internationally on various applications of cognitive therapy, including weight loss and maintenance. She has a clinical practice, supervises clinicians, and provides consultation to organizations.

Deborah Beck Busis, LCSW, is the Beck Institute's diet program coordinator. She helped Dr. Beck develop the diet program and counsels dieters nationally and internationally. She trains professionals from around the world and is developing a manual for diet coaches. She received her master of social work degree from the University of Pennsylvania and is a licensed clinical social worker.

Users Review

From reader reviews:

Linda Poteat:

Book is to be different for every grade. Book for children till adult are different content. As we know that book is very important for us. The book *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good* has been making you to know about other knowledge and of course you can take more information. It is rather advantages for you. The book *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good* is not only giving you more new information but also to become your friend when you really feel bored. You can spend your personal spend time to read your guide. Try to make relationship using the book *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good*. You never feel lose out for everything should you read some books.

Alan Fan:

Reading a guide tends to be new life style in this particular era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world may share their idea. Books can also inspire a lot of people. Plenty of author can inspire all their reader with their story as well as their experience. Not only the storyline that share in the publications. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors nowadays always try to improve their ability in writing, they also doing some exploration before they write on their book. One of them is this *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good*.

Homer Douglas:

Reading a book to get new life style in this season; every people loves to study a book. When you learn a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself look for a fiction books, this sort of us novel, comics, and soon. The *The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good* will give you a new experience in

reading a book.

Sherrill Height:

That e-book can make you to feel relax. That book The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good was vibrant and of course has pictures on there. As we know that book The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good has many kinds or variety. Start from kids until adolescents. For example Naruto or Detective Conan you can read and believe that you are the character on there. So , not at all of book are generally make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book for you and try to like reading this.

Download and Read Online The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis #XC7MNWUGK15

Read The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis for online ebook

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis books to read online.

Online The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis ebook PDF download

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis Doc

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis Mobipocket

The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis EPub

XC7MNWUGK15: The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good By Judith S., PhD Beck, Deborah Beck Busis