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BY Beck, Judith S, PhD (Author) | | The Beck Diet Solution: Train Your Brain to Think Like a Thin Person By Beck, Judith S, PhD (Author) Mar - 01- 2007

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In my opinion, The Beck Diet solution is right up there with Body Esteem in terms of quality and expertise. Judith Beck writes with honesty and compassion about the things that matter when it comes to weight loss. This is actually not a "diet book" and does not try to include a nutritional program or exercise.

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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.

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

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The Beck Diet Solution is the only diet book I would recommend to friends. Her honest straightforward, no-nonsense approach can not only transform your body, but

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Welcome from Judith S. Beck, Ph.D., President of the Beck Institute for Cognitive Behavior Therapy, and Deborah Beck Busis, LSW, Diet Program Coordinator.

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The Beck Diet Solution: My Experience (Introduction)

The Beck Diet Solution: My Experience (Introduction), by Laurel Regan at Alphabet Salad.

About The Beck Diet Solution

Welcome to the Beck Diet Solution Blog! I'm Deborah Beck Busis, LCSW, the Director of Beck Diet Programs. I'm the daughter of Dr. Judith Beck, the

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The Beck Diet Solution, authored by Dr. Judith S. Beck, uses cognitive and behavioral techniques to teach dieters how to lose weight and continually