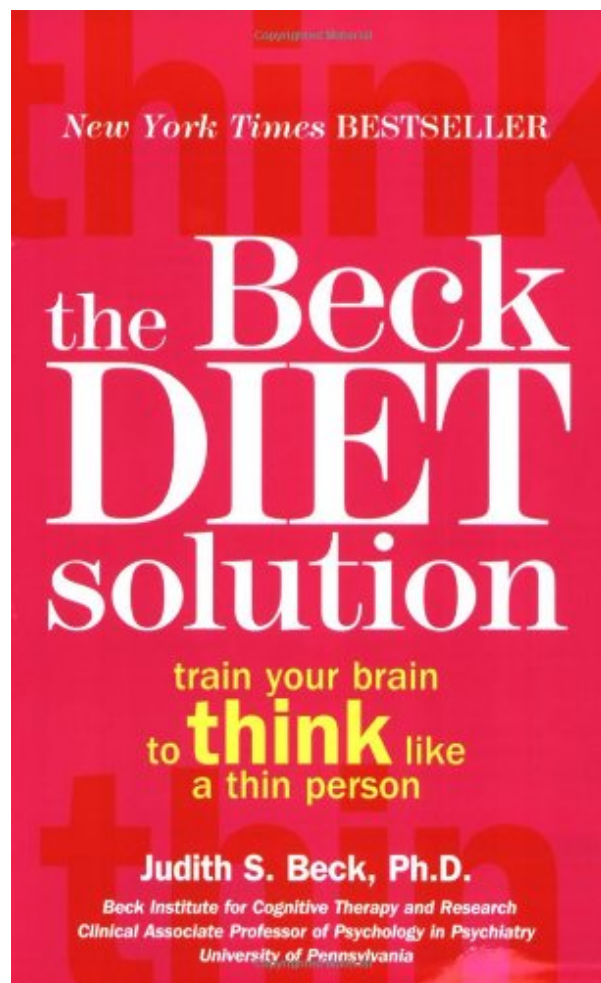


**THE BECK DIET SOLUTION: TRAIN YOUR  
BRAIN TO THINK LIKE A THIN PERSON BY  
JUDITH S. BECK**



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*New York Times* BESTSELLER

the Beck  
**DIET**  
solution

train your brain  
to **think** like  
a thin person

**Judith S. Beck, Ph.D.**

*Beck Institute for Cognitive Therapy and Research  
Clinical Associate Professor of Psychology in Psychiatry  
University of Pennsylvania*

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This publication *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck deals you better of life that can develop the high quality of the life better. This *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck is what individuals currently require. You are below and you may be specific as well as sure to obtain this book *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck Never doubt to obtain it also this is simply a book. You could get this publication *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck as one of your collections. Yet, not the collection to show in your shelves. This is a precious book to be reading collection.

From Publishers Weekly

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About the Author

Judith S. Beck, Ph.D., director of the Beck Institute for Cognitive Therapy and Research, a Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania, and the daughter of Aaron Beck—the founding father of Cognitive Therapy. The Beck name is known throughout the world—Dr. Beck's father is known as one of the top 10 most influential psychotherapists in history, on the same list as Sigmund Freud and Carl Jung. Nationally distributed newspapers and magazines frequently seek out Dr. Beck for her expertise on a range of psychological topics. She is also a frequent guest on national television and radio news broadcasts.

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# **THE BECK DIET SOLUTION: TRAIN YOUR BRAIN TO THINK LIKE A THIN PERSON BY JUDITH S. BECK PDF**

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.

- Sales Rank: #13456 in Books
- Brand: Beck, Judith S./ Beck, Aaron T. (FRW)
- Published on: 2009-02-03
- Released on: 2009-02-03

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From Publishers Weekly

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Most helpful customer reviews

306 of 318 people found the following review helpful.

THE Diet Book for me!

By B. BESER

Six to eight years ago, I stopped spending money on diet related products. Because nothing has worked for me. Maybe initially they seemed they were working, but it was just temporarily. I saw one diet book, while I was just browsing around on amazon, "you on a diet", I thought I might wanna try that, thinking like "who knows maybe this is the thing for me", so I bought it. Even though I spent lots of money on diet products, as a book, "you on a diet" was the first book for me on dieting. And, in couple of months I purchased some other diet books, hoping one would include the missing ingredient on those.

This book, Beck Diet Solution was just released, and was at the best sellers list. I read the description. It sounded very promising, but since, at that moment I already had couple of diet books which none of them really fit in to my problem, I was skeptical. For two weeks, everyday I read the reviews, trying to see if some of the reviews was gonna convince me. I finally got it, I am so glad I did. Because that was the kind of help I was looking for. It is tryin to solve my psychlogical problems about eating and it is trying to re-program my brain about food.

I knew myself, I can never count calories, I can never follow a menu plan written by some other people, I can never count my steps, I can never count carbohydrates, etc...etc... My diet should be without all these stuff. So that's why this is the book for me.

She, the author asks you to make your eating plan, or if you want you can use any diet that already is out there. For me, I created my own eating plan.

Then, she just teaches you some skills which is the missing skills in people who struggle with weight and skills which all the thin people has. And these skills/behaviors are not difficult to adopt. All you need to do is just practice, practice and practice... until they are your habits. Everyday, for forty two days, you keep learning one skill at a time, until you complete all of them in that given order. You may take your time if you need, as she suggests. For example I am in my 13th day, but it has been already 23 days since I had started. Some examples of the skills are, first day you write down the reasons you wanna get thin; third day, you learn and practice sitting down whenever you eat; fifth day, you start to practice to eat slowly, and so on. At the end of the program, you have all the equipment to think like a thin person, and to be a thin person. So far I have lost 6 pounds, and I feel like I will be able to follow my plan for a long time. She gives you that confidence. She sounds very sincere about the advice she gives. And she just takes you step by step through the journey and to the very end of the journey. With other diet books, I felt like I am just left somewhere with the tons of information I did not know what to do with, or maybe they just dictate you what to do, or sometimes have fun with your eating habits, and you feel insulted and hopeless. But in this book, BDS, I felt some love and caring about the people, she sounds like she truly wants you to lose weight.

By the way, I never write a review even though I enjoy reading them. That's how happy I am, it made me write one:) I hope this review is helpful for the people who cannot decide whether to buy it or not.

176 of 187 people found the following review helpful.

Much obvious to diet vets, but some practical in depth help too

By BGrace

I first learned about this book a few months ago on a weight loss message board, then later, at a WW meeting, a member who had been losing consistently shared how following the tips in this book totally made a difference to her success. After hearing that I had to read it.

I will say, if you have been watching your weight for any length of time, or read women's magazines, or belonged to any formal diet program, much of the content will be very familiar ground to you. But even a veteran weight watcher like me will probably find at least one little tip that will be useful.

It is not a diet per se, but a way at digging into the underlying practices and thoughts that lead to overeating. You could follow any of a number of regimes and use this as extra guidance. And the thoughts always precede the behavior, even if the thought is "I am now going into a trance so I can devour all this food and pretend like it was out of my control".

The author's advice is based on cognitive therapy and research comparing behavior and thoughts of overweight and slender people.

It helps in learning to recognize and change destructive thought patterns that lead to poor eating, overeating and bad lifestyle choices.

The practical tips in learning HOW to notice these thoughts, and in using notecards to replace those thoughts, is useful.

What I especially appreciated was the fact that the information is garnered from real people.

The two nuggets that most benefited me was 1) the finding that chronically overweight consistently have a sense of unfairness (that they can't eat whatever they want), and destructive thought patterns of self pity, "why me?", and black and white thinking ("I ate one cookie I might as well eat 20"; "I can't be a size 0, so I may as well stay fat"..etc), and 2) that 'craving tolerance' is a muscle that grows stronger with use. That was helpful and encouraging, and I think very true. You won't always feel out of control or like it's hopeless to try, if you hang in there.

The realization that the 'unfairness' thought is a real stumbling block to lasting weight loss was a real 'aha' for me, because I realized I frequently entertained the thought "why me"!? regarding a very slow and thrifty metabolism. So just for that reason alone, it was worth it, because when I start that thought process now I know catch it in time before it can sabotage my efforts at moderation.

One thing I did NOT like was the constant use of the word 'diet' and 'dieter'. After all, if it's a lifestyle change, it is not a temporary 'diet'. Using this word repeatedly flies in the face of the author's central theme, in my opinion.

143 of 151 people found the following review helpful.

Great Guide for Motivated Dieters who want to make lasting changes

By Carrie/Scott

I am a medical student and have a bachelor's degree in psychology. It is widely known in both medicine and psychology that Cognitive Behavioral Therapy (CBT) is the most successful type of therapy intervention, which is why I decided to give this book a try to help myself with dieting.

Much has been made about the reasons people eat. I've heard obese people on TV say, "Food was my best friend," or "I ate to fill a void." This book does not focus on the emotionally-based underlying reasons for eating that may plague a minority of overweight people, but rather the more mundane reasons that most overweight people have for overeating - boredom, fear of hunger, cravings, etc.

The book provides very useful ways of countering overeating do to various causes. Dr. Beck asks the reader to change both sabotaging thoughts (the cognitive portion) and sabotaging behaviors, such as eating quickly and eating standing up (the behavioral portion).

The book provides a day to day guide with predetermined goals and homework assignments. You must be motivated and very willing to submit to following someone else's advice. In addition, as the other reviewers have pointed out, the book does not give you specific advice for what to eat or to avoid. You must pick a separate diet to follow.

I am about half way through the book and I feel that it has definitely helped me to control my overeating. I tend to eat out of boredom in the evening. I lacked the willpower to deny myself the snacks that I knew I didn't need. Now, I look at my advantage card (which is a list of reasons I want to lose weight) whenever I feel like snacking in the evening. The book also made me realize that I ate something right before I went to bed because I was afraid that I might be hungry later. I used this "fear of hunger" as an excuse for eating when I wasn't actually hungry. As the author points out, food is almost always around, so it hardly ever makes sense to eat just to avoid getting hungry. The author really does a great job of examining the reasons why most people overeat and gives solutions for how to overcome those sabotaging thoughts by countering them with more rational, helpful thoughts.



I had been trying unsuccessfully to diet prior to starting this book. Now, since I got it 7 days ago, I have lost 2 pounds. I am recommending this book to my family and friends, and in the future I will recommend it to my patients.

[See all 342 customer reviews...](#)

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Again, checking out practice will constantly offer beneficial advantages for you. You could not need to invest several times to check out guide *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck Just set aside numerous times in our spare or downtimes while having dish or in your workplace to read. This *The Beck Diet Solution: Train Your Brain To Think Like A Thin Person* By Judith S. Beck will certainly reveal you new point that you could do now. It will certainly aid you to boost the high quality of your life. Event it is just a fun book ***The Beck Diet Solution: Train Your Brain To Think Like A Thin Person*** By **Judith S. Beck**, you could be healthier and also a lot more enjoyable to take pleasure in reading.

From Publishers Weekly

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