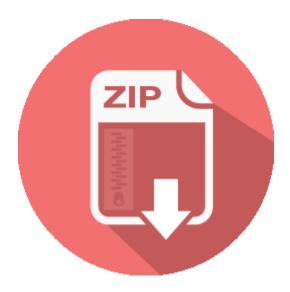
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The Diet Trap is a well written, instructive book that intends to get to the root of the emotional problem behind overeating. While I felt the concepts and especially focus were sound, it ended up not being a book I could follow.

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The Diet Trap Solution (Formally known as the Beck Diet Solution) has helped me tremendously. It changed my relationship with food; the cravings are under control and the binging and starving are (mostly) gone. Like many dieters, I lost weight many times and always gained it back, that was until I read the Beck Diet Solution 5 years ago.

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The New York Times best-selling author of The Beck Diet Solution teams up with her daughter and colleague at the Beck Institute for Cognitive Behavior to teach listeners how to think their way thin, offering practical,

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The Diet Trap Solution eBook von Judith S Beck PhD

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