

## [THE DIET TRAP](#)



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Have you tried every diet or weight loss plan under the sun, but still can't manage to lose weight and keep it off? You aren't alone. Each year, Americans spend billions of dollars on weight-loss products, yet we continue to have the highest obesity rate in the world.

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### **The Diet Trap Feed Your Psychological Needs and End the**

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 Train Your Brain to Lose Weight**

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 Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy [Jason Lillis PhD, JoAnne Dahl PhD

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### **Escape the Diet Trap lose weight for good without**

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You've been losing the same 50 pounds for the past 10 years. You've tried all the diets, Mediterranean, South Beach, Paleo, low-cal, low

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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,  
proven tools for escaping common diet traps for good. Most diet programs work at first.

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**The Diet Trap Solution eBook von Judith S Beck PhD**

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.

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