



The Beck Diet Weight Loss Workbook: The 6-Week Plan to Train Your Brain to Think Like a Thin Person (Paperback)

By Dr Judith S Beck

Oxmoor House, Incorporated, United States, 2007. Paperback. Condition: New. Workbook. Language: English . Brand New Book. A practical workbook based on the Beck Diet Solution introduces a six-week regimen to help readers retrain they way they think in order to help them stick with their diet, lose weight, and keep the weight off, explaining how to use the principles of cognitive therapy to eliminate negative thinking patterns and behaviors that lead to dieting failures. Original.

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