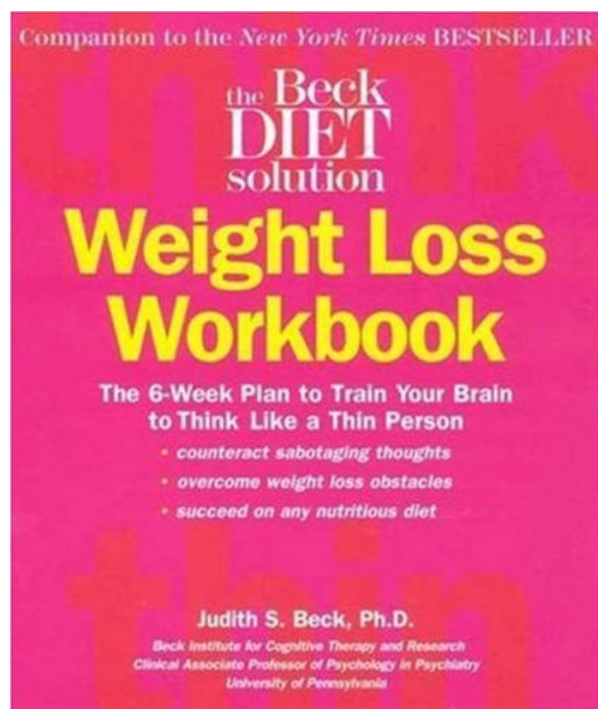


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Judith S. Beck, Ph.D.

*Beck Institute for Cognitive Therapy and Research
Clinical Associate Professor of Psychology in Psychiatry
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Beck, a world-recognized authority in the field of cognitive therapy, presents her first weight-loss book. In it, she has created a unique six-week-plan that revolutionizes peoples approach to shedding pounds by changing both behavior and thinking.

- Sales Rank: #13375 in Books
- Brand: Oxmoor House
- Published on: 2007-09-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .63" w x 8.00" l, 1.08 pounds
- Binding: Paperback
- 256 pages

Features

- Eating healthy
- weight loss
- Cognitive Therapy
- confidence-building
- permanent weight loss

Most helpful customer reviews

111 of 112 people found the following review helpful.

Great - but needs the book to be really effective

By Indigo J.

Full disclosure - I have not actually done the entire workbook. That said, I've read the book and think that the workbook does not stand up well enough on its own. For example, the first step- day 1 - is to write down all the reasons you want to lose weight and to read that list at least twice a day. In the book she explains that you not only have to read the list, but you also have to ask yourself if that particular reason is important to you. She says this will stop you from just unconsciously reading the list and make you really incorporate it into your thought process. In the workbook, she doesn't get that detailed, and skips the whole thing about asking yourself if it is important. I like the convenience of having the workbook, but get the book as well. I do however think that if you actually do follow the program and incorporate all the steps you will definitely lose weight.

178 of 180 people found the following review helpful.

Finally!

By Mollie D. Young

Finally something that works for this obsessed food addict!

I have read every diet/compulsive eating/obsessive eating/overeating/binge eating, etc book on the market & I have tried every diet out there. Nothing works. Some things work initially but then my old demons come back & ruin all my work. I have undergone hypnosis & had counseling & taken prescriptions but nothing ever worked long term.

Well this book really teaches you how to stop those self-sabotaging thoughts, ways, actions. It really does teach you to think like a thin person does. I never understood someone that could actually throw food away or not eat dessert if it was in front of them.

It is initially a good amount of work but far less than most binge eating books,etc. But you really have to do all the steps to break free. You won't need to do them forever & this is only a 6 week program. By the end of the 6 weeks you realize which tools you really need to use forever. But isn't being thin & healthy worth it? I think so.

The book is very clear about eating disorders. If you have one this book isn't for you.

And everything I ever read said you can't lose weight or stop eating until you peel back all the layers of you messed up life or childhood & I have to say it's not true this book gives you an alternative!

For the first time in I would say 10 years I see the light at the end of the tunnel & I can actually say no to overeating.

This book basically helps any diet work great.

220 of 223 people found the following review helpful.

Great Workbook

By Avidreader

I have been following the Beck Diet solution using the original book. The workbook is a nice addition to the book, but basically is the same information as the original text with the exception of places to write your reflections. I think I'd stick to the original book, and just reflect in a journal. I love the content of The Beck Diet Solution. It approaches weight management from a common sense 'think positive' approach, giving a series of steps to take to gain control of your eating. It's made a big difference for me.

See all 124 customer reviews...

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