



The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good

By Judith S., PhD Beck, Deborah Beck Busis

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The New York Times bestselling author of The Beck Diet Solution teams up with her daughter and colleague at the Beck Institute for Cognitive Behavior Therapy to teach readers how to think their way thin, offering practical, proven tools for escaping common diet traps for good.

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.

Dr. Beck explains that when it comes to losing weight, it's not just about what we eat. It's also about how we think. To consistently eat differently, we must learn to think differently. Diets fail us because they don't offer effective strategies for overcoming the common traps--emotional eating, social pressure, dining out--that can derail us. Now, she and her daughter, Deborah Beck Busis, share the techniques they have successfully used with thousands of clients, revealing how to overcome the thoughts and behaviors that have held us back. With The Diet Trap Solution, readers on any diet regimen can learn to identify their specific diet traps and create action plans to strengthen their "resistance muscle"--making losing weight easy, sustainable, and enjoyable.

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Editorial Review

Review

“*The Diet Trap Solution* is a tremendous resource for people who want to transform their lives through healthy eating. It teaches you exactly what you need to do so you can finally lose the weight you want, and stick to your eating plan for life.” (Mark Hyman, MD, author of #1 New York Times Bestseller, *The Blood Sugar Solution*)

“Brain health is the first step in body health. With this book, hunger and cravings become something your brain can conquer and replace with productive, nourishing habits that outlast *any* diet.” (Daniel Amen, CEO of Amen Clinics, Inc. and New York Times bestselling author of *The Daniel Plan* and *Change Your Brain, Change Your Life*)

“If you’re trying to lose weight, don’t let this book escape your attention. It’s full of insights and sound strategies to escape diet traps. Dr. Beck illustrates that when it comes to weight control, watching what you think is as important as watching what you eat.” (Thomas A. Wadden, Ph.D., Professor of Psychology and Director of the Center for Weight and Eating Disorders, University of Pennsylvania, Perelman School of Medicine)

From the Back Cover

The techniques developed by *New York Times* bestselling author and expert in cognitive behavior therapy Dr. Judith Beck and her daughter, Deborah Beck Busis, have helped hundreds of thousands of dieters lose weight. *The Diet Trap Solution* is the first book of its kind to isolate the most common ways we fail on our diets and offer concrete and practical solutions to avoid these pitfalls for good, even when it seems impossible. No equipment, membership fees, special meals, or specific diet plan required. Instead, dieters need only use that most powerful of all resources—their minds. This accessible and highly practical guide enables us to stay on the healthy diet of our choice and not only lose weight, but keep it off once and for all.

Diet programs all profess to have the magic formula for weight loss: simply eat a certain way and drop ten pounds in a week. But what do you do when your plans fall apart? Your mother-in-law bakes you a surprise birthday cake. Stress at work leads to binge-eating peanut butter and chocolate. A painful breakup causes your diet to go out the window. The truth is, losing and keeping weight off can be extremely difficult, especially when unexpected challenges arise. But learning how to solve these very problems is the surprising solution to lasting weight loss. By identifying the most common traps—stress and emotional eating; friends and family pressure; holidays and travel; and feeling deprived, unmotivated, or discouraged—and then developing actionable escape plans that address each potential diet disaster, anyone can lose weight *and keep it off*.

About the Author

Judith S. Beck, Ph.D., is the *New York Times* bestselling author of *The Beck Diet Solution*, president of the nonprofit Beck Institute for Cognitive Behavior Therapy in Philadelphia, and clinical associate professor of psychology in psychiatry at the University of Pennsylvania. She has written over a hundred articles and books and has served as a consultant for several National Institute of Mental Health studies. Dr. Beck has

presented hundreds of workshops nationally and internationally on various applications of cognitive therapy, including weight loss and maintenance. She has a clinical practice, supervises clinicians, and provides consultation to organizations.

Deborah Beck Busis, LCSW, is the Beck Institute's diet program coordinator. She helped Dr. Beck develop the diet program and counsels dieters nationally and internationally. She trains professionals from around the world and is developing a manual for diet coaches. She received her master of social work degree from the University of Pennsylvania and is a licensed clinical social worker.

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