



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

*Judith S. 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 to teach readers how to think their way thin, offering practical, proven tools for escaping common diet traps for good. 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, 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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