



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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Most diet programmes work at first. We lose a few pounds in a few weeks, but then life happens and the bad habits and the weight return. This is where diets fail us and why *The Diet Trap Solution* is an invaluable resource for losing and keeping the weight off for good. One of the primary misconceptions about weight loss is that, to succeed, the only thing you have to focus on is what you eat. This is not true. An equally vital factor in successful weight loss - particularly for yo-yo dieters - is changing what you think. Stress, bad habits, social pressures, and travel are all part of life and derail the majority of diets. To consistently eat differently, you must learn to think differently.

In these pages, mother and daughter team Judith Beck and Deborah Beck Busis, who have successfully worked with thousands of clients, show readers how to navigate these inevitable obstacles. With this practical and accessible guide, readers can identify their specific diet traps, including emotional eating, social pressure, travel and eating out. By strengthening your "resistance muscle" and creating action plans to prepare for your personal triggers, losing weight becomes not only progressively easier but sustainable and even enjoyable.

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