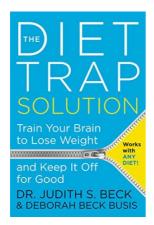
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HarperCollins Publishers Inc, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The New York Times bestselling author of The Beck Diet Solution teams up with her daughter and colleague at the Beck Institute for Cognitive Behavior 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...

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- Authored by Judith Beck
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