

Cognitive Behavioral Workbook For Weight Management A Step By Step Program New Harbinger Self Help Workbook

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The Cognitive Behavioral Workbook for Weight Management is a different kind of weight management guide that focuses on helping you stay disciplined and dedicated to your weight management goals by using cognitive behavioral therapy. This approach has been used by therapists for years to treat a diverse range of mental health conditions, and researchers have found that it also helps people make healthy changes that last.

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In this two-day, experiential workshop, you will learn how to use a CBT approach with clients who are overweight or obese. Based on The Beck Diet Solution and The Diet Trap Solution, you will learn interventions to help clients make lasting changes in both their behavior and their thinking. This interactive workshop presents a step-by-step approach to teach dieters specific skills and help them implement these skills every day.

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Cognitive behavioural therapy (CBT) is a type of psychological therapy that is used to treat many different problems, ranging from anxiety to weight loss. CBT should not be used by itself to lose weight, but rather it is used to support lifestyle changes. CBT can help a person to lose weight by: Helping a person control their diet

Cognitive behavioural therapy for weight loss information...

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