

# Diets Don't Work By Rebecca Cooper



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Rebecca Cooper is the leading expert in disordered eating, eating disorders and food addictions. She authored the book, Diets Don't Work , CDs, DVDs,

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Rebecca Cooper's lifetime mission is to create resources and awareness of Excerpt From: Cooper, Rebecca. Diets Don't Work . iBooks. COPYRIGHT 2015

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Rebecca Cooper, LMFT #42898 Professional Educator & Founder Rebecca is the gifted author of the Diets Don't Work structured program. Her creative, unique, and

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## **Rebecca cooper (author of real.life.scrapbooking)**

Rebecca Cooper leads a small town life in Alberta, Canada, with her husband Randal and their three children Emily, Carson and Addie. Diets Don't Work:

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Our Diets Don t Work programs Rebecca Cooper invited to speak at the Euro Global Summit & Medicare Expo on Weight Loss in Frankfurt Germany

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International Speaker and Author at Rebecca Cooper, Inc., Author, Diets Don't Work ; I work as part of our Health Leadership Practice focusing on providing high

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Rebecca Cooper is a California licensed therapist, Certified Eating Disorder Specialist, and the author of Diets Don t Work [www.DietsDontWork.org](http://www.DietsDontWork.org).

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Rebecca s House program connects people back to an internal form of control, Diets Don t Work All diets work temporarily.

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