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The Joy Diet 10 Daily

The Joy Diet, designed for the soul rather than the body, is composed of 10 steps that, once learned, are to be practiced on a daily basis to achieve greater fulfillment and a happier life. Beck strongly suggests becoming thoroughly familiar with each step, by practicing it for a week, before adding the next step.

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living and thinking to
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Description Welcome to The Joy Diet, a menu of ten behaviors you can add to your way of living and thinking to enhance every day's journey through the unpredictable terrain of your existence.

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The Joy Diet: 10 Daily Practices for a Happier Life. Martha Beck.

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Reviews. Discover a menu of ten behaviors you can add to your way of living and thinking to enhance every day's journey through the unpredictable terrain of your existence.

The Joy Diet: 10 Daily Practices for a Happier Life ...

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Practices For A
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By Martha Beck

This morning I was at a workshop focused on recognizing and coping with stress. Many of the strategies that I use came out of this wonderful little book by Martha Beck and then it occurred to me that I hadn't done a book review of it here.

**Story Musing: The
Joy Diet: 10 Daily
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The Joy Diet, designed for the soul rather than the body, is composed of 10 steps that, once learned, are to be practiced on a daily basis to achieve greater fulfillment and a happier life.

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Like many self-help books, there's a lot of common sense stuff in

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Martha N Beck

The Joy Diet. But I like the author's approach to the subject of seeking happiness in our life. As the title implies, the book is structured like a diet regimen. There are 10 life-enhancing "menu items," such as truth, laughter, play, and creativity.

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Welcome to The Joy

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- Connection: Use your Joy Diet skills to interact with someone

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who matters to you. •
Feasting: Enjoy at least
three square feasts a
day, with or without
food. No matter what
your long-term goals
are, The Joy Diet,
written with Martha
Beck's inimitable blend
of wisdom, practical
guidance, and humor,
will help you achieve
the immediate gift of
joyful living in the here
and now.

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"ingredients" to their
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the course of their lives
- to find purpose,
overcome obstacles,
heal wounds, and build
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