

## The Joy Diet: Ten Daily Practices for a Happier Life



Martha Beck, the beloved columnist and lifestyle counselor from O, The Oprah Magazine, returns with a new prescription for personal fulfillment. The Joy Diet shows readers how to add ten ingredients to their daily routine to change the course of their lives: to find purpose, overcome obstacles, heal wounds, and build dreams. These are the ten most powerful life-enhancing behaviors Martha Beck has found in years of research and practice, clearly explained and served with poignant examples from her life design practice, her trademark good-humored wit, and straightforward instructions for incorporating them into everyday life. As Martha puts it, the greatest thing you'll learn from actually practicing the Joy Diet is that money, love, and success... are the product of a joyful life, not the cause.

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