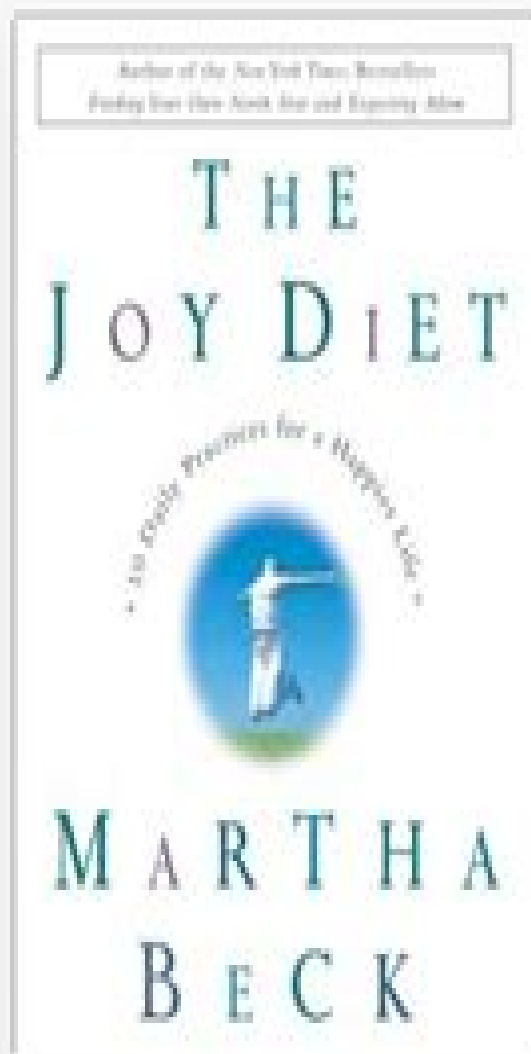




The Joy Diet

by Martha N. Beck

1. Cultivate Stillness to Connect with Your Deepest Self

"The Joy Diet is simply what you can do to feel better, especially when you don't know what to do to feel better."

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