



The Joy Diet (Hardback)

By Martha Beck

Random House USA Inc, United States, 2003. Hardback. Book Condition: New. 196 x 135 mm. Language: English . Brand New Book. 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. You can add these behaviors gradually and watch your life become steadily more vivid and satisfying. Or you can go on a crash Joy Diet to help you navigate life's emergencies. The ten menu items are: - Nothing: Do nothing for fifteen minutes a day. Stop mindlessly chasing goals and figure out which goals are worth going after. - Truth: Create a moment of truth to help you unmask what you're hiding--from others and from yourself. - Desire: Identify, articulate, and explore at least one of your heart's desires--and learn how to let yourself want what you want. - Creativity: Learn six new ways to develop at least one new idea to help you obtain your heart's desire. - Risk: Take one baby step toward reaching your goal. The only rule is it has to scare the pants off you. - Treats:...



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Reviews

Excellent e book and beneficial one. It is rally fascinating throgh reading through time period. You are going to like how the author publish this ebook.

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I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

-- Prof. Barney Harris