

Author of the New York Times Bestseller  
Feeling Good: The New York Times Bestseller

# THE JOY DIET

100 Daily Practices for a Happier Life



MARTHA  
BECK

# 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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# The Joy Diet Format Audio

**Shasha Hu**



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