
Joy's LIFE (Look Incredible, Feel Extraordinary) Diet: Four Steps to Thin Forever, is a four step program that is designed to help dieters to overcome negative lifestyle habits and lose weight. The program is the creation of Joy Bauer who is the nutrition and health expert on the Today Show's Joy Fit Club, which profiles ordinary people who have lost over 100 pounds through diet and exercise alone. Bauer says that her plan can help you lose five pounds in the first week and will have you waking up feeling energized and enthusiastic. Joy's LIFE Diet Basics. The program involves four steps: Release. Joy's LIFE Diet is her answer to all those viewers. L.I.F.E. stands for Look Incredible, Feel Extraordinary, so not only will you shed pounds, but you'll wake up each morning feeling more energized and more enthusiastic. The secret is in following these four steps: 1. Release: A single intensive week that focuses on stripping away negative eating habits. 2. Relearn: Two weeks when you reprogram your appetite and discover the joys of healthy eating. 3. Reshape: An easy-to-follow eating plan that can be integrated into any diet and lasts until you reach your goal weight. 4. Reveal: Des

In Your Inner Skinny, Joy Bauer of The Life Diet fame, presents your "Four Steps to Thin Forever." Forget low-carb, no-carb, low-pleasure, high-misery diets, the Today show's nutrition and health expert has a better, proven weight-loss plan that can be tailored to individual needs. The #1 New York Times bestselling author of Cooking with Joy and host of TV's "The Joy Bauer Fit Club" gives you all "the skinny" in Your Inner Skinny, showing you the path to truly amazing weight loss triumphs. + Read More. ISBN: % selected_variant.sku % ISBN 10: % selected_variant.isbn10 % The book Joy's LIFE Diet: Four Steps to Thin Forever was written by Joy Bauer. Joy is a nutrition expert for The Today Show and leads the Joy Fit Club. The Joy Fit Club is a truly inspiring segment of the Today Show that highlights individuals from around the country that have lost at least 100 pounds by using only diet and exercise. Joy's LIFE Diet[1] helps those that follow it remove the hassle of dieting, and move toward reaching their goals. There are simple steps to follow during this program that will lead to your success. Each step includes a certain time period as part of its criteria. The first step is to release, and this takes place over your first week on the program. The release step is used to rid you of your negative eating habits. The second step is to relearn.