Love Audio Version--Cindy, I Know What Went Wrong

Book Description

Forget low-carb, no-carb, low-fat, high-misery diets. How about a diet that's just no-gimmick and low-fuss?

Each week, millions tune into Today for the Joy Fit Club, a celebration of ordinary people from around the country who have lost at least 100 pounds each through diet and exercise alone. Since Today nutrition and health expert Joy Bauer launched the segment last year, thousands of inspired viewers have written to Joy and declared, I am ready to lose the weight. Can you help me?
Joys LIFE Diet is her answer to all those viewers. But Joys LIFE Diet isn’t just about weight. 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:

Release: A single intensive week that focuses on stripping away negative eating habits. Relearn: Two weeks that will help you to reprogram your appetite and discover the joys of healthy eating. Reshape: An easy-to-follow eating plan that can be integrated into any lifestyle and lasts until you reach your goal weight. Reveal: Designed to help you find your maintenance groove. It’s time to celebrate your weight-loss success! Welcome to your LIFESTyle! With flexible and inclusive plans that can be tailored to your needs, Joys LIFE Diet is a revolutionary weight-loss book that will keep you feeling your best and teach you to love healthy and delicious food.

A Note to Amazon Readers from Joy Bauer

Deciding to take action towards a healthier lifestyle will improve nearly every aspect of your life. I’ve witnessed the effect weight loss can have from personal clients and from Joy’s Fit Club members, those determined dieters who on their own, without my help, took off between 100 and 300 pounds...and kept it off. They went from channel surfing to paddling a kayak, running marathons and triathlons, and hiking across Europe. They feel so healthy and energized that they get remarried on a Caribbean beach, play ball with their kids, discover hidden talents, and even forge new careers. Starting an effective weight loss plan is the best gift you’ll ever give yourself.

I believe that if you are going to expend all that energy, you should get something more than broken promises, disappointment, or a temporary drain of water weight. You deserve to get something spectacular for your efforts. That’s why I created Joy’s LIFE Diet, so you can Look Incredible and Feel Extraordinary. Imagine waking up each morning feeling rested and alert, loving the way your body looks, and enjoying a steady flow of energy and enthusiasm.

It is important that you realize that starting a diet is not an act of defeat. Beginning the LIFE diet is an act of courage and hopefulness and success! It means you haven’t given up on yourself. Your search for the right diet has brought you here, which means you have already done the initial work. Congratulations—you have that passion for action!

Now, if you are willing to invest even a fraction of the energy you’ve already given to all the other diets you’ve probably tried, you can Look Incredible and Feel Extraordinary. LIFE—it is my personal code, and it can be yours, too.

LIFE Dark Chocolate Cherry Muffins  
1/2 cup plus 1 tablespoon real maple syrup
1/2 cup unsweetened apple sauce
3/4 cup fat-free milk
1 tablespoon strong coffee
3 large egg whites
3/4 cup fat-free vanilla yogurt
1 teaspoon vanilla
1-1/2 cups whole wheat flour
1/2 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
6 tablespoons unsweetened cocoa powder
2/3 cup dried cherries

Heat oven to 325°F. Prepare muffin pan with muffin liners and spray with nonstick spray. Combine dry ingredients in a large mixing bowl. In a separate bowl, combine the wet ingredients: maple syrup, apple sauce, milk, coffee, vanilla, egg whites, and yogurt. Add the wet ingredients to the dry ingredients and stir well to combine. Stir in the cherries. Fill the muffin cups 3/4 full with batter. Bake at 325°F for 20 to 25 minutes, or until an inserted toothpick comes out clean. The muffins can be frozen in an air-tight container, sealed freezer bag, or individually wrapped for up to 2 months. For best results, freeze muffins immediately after baking and cooling to room temperature. Makes 12 muffins.

just wanted to let everyone know that I got the audio version too and all of the workbook materials Joy talks about are actually on the CD. You just put it in your computer and you can download your food lists and Unlimited Foods list and everything else you need. I used the audio book - loved it - and am already down 15 pounds!

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