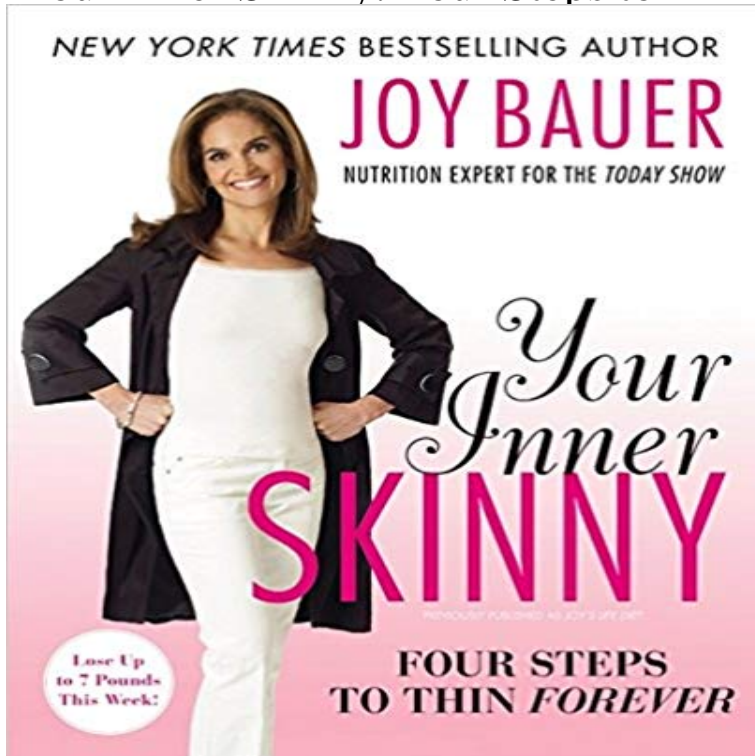


Your Inner Skinny: Four Steps to Thin Forever



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 shows 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.

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