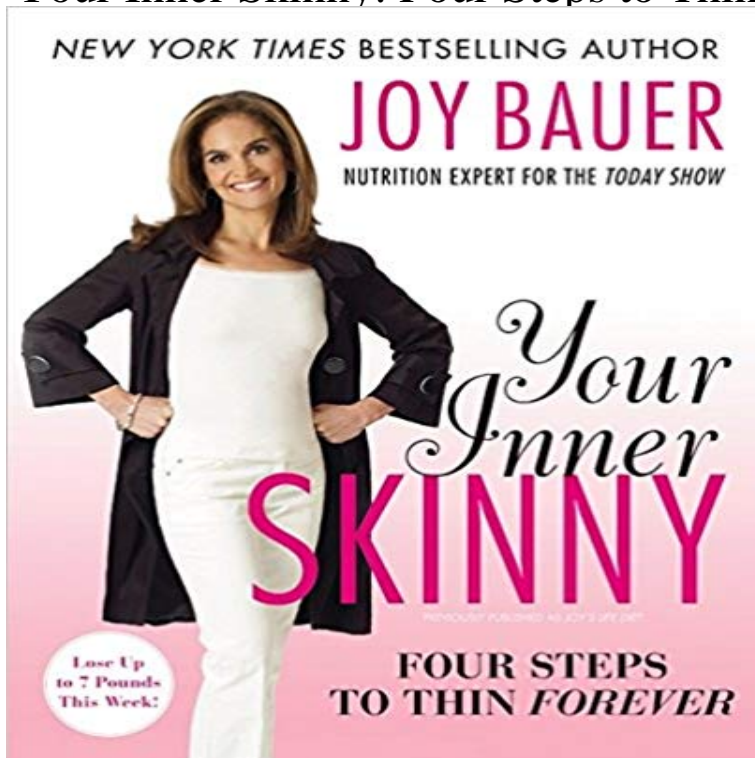


Your Inner Skinny: Four Steps to Thin Forever



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 Show* 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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