

# The Shift How I Finally Lost Weight And Discovered A Happier Life Tory Johnson

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she knew she didn't just want to change, she ...

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The Shift: How I Finally Lost Weight and Discovered a Happier Life (English Edition) eBook: Johnson, Tory: Amazon.com.mx: Tienda Kindle

## **The Shift: How I Finally Lost Weight and Discovered a ...**

Praise For The Shift: How I Finally Lost Weight and Discovered a Happier Life... Tory Johnson's riveting, shoot from-the heart story inspires all of us to live a better life. She shows how a small shift of thinking can have a huge impact on health and weight.

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The Shift . How I Finally Lost Weight and Discovered a Happier Life. Tory Johnson. Paperback. List Price: 16.00\* \* Individual store prices may vary. Other Editions of This Title: Digital Audiobook (9/30/2013) Hardcover (9/10/2013) Compact Disc (10/15/2013) Description. This ...

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Life (p. 53). Hyperion. Kindle Edition. A line that shows how important her daughter's body image is to the author is: "Being a healthy role model to my kids, especially my daughter, Emma, makes me happier."

## **The Shift: How I Learned to Walk More, Lose Weight, and ...**

The Shift: How I Finally Lost Weight and Discovered a Happier Life. First edition. New York: Hyperion, 2013. Print. Note! Citation formats are based on standards as of July 2010. Citations contain only title, author, edition, publisher, and year published.

## **The shift : : how I finally lost weight and discovered a...**

About the author. Christine Carter PhD is a writer, speaker, coach and sociologist, as well as a Senior Fellow at the Greater Good Science Center. She is the author of the books *The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction*, *The Sweet Spot: How to Accomplish More by Doing Less* and *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier ...*

## **Here's how I finally got myself to start exercising**

The Shift : How I Finally Lost Weight and Discovered a Happier Life. Average Rating: (4.5) stars out of 5 stars 2 ratings, based on 2 reviews. Tory Johnson. Walmart # 563731956. \$7.99 \$ 7.99 \$7.99 \$ 7.99. Qty: Free delivery. Arrives by Thursday, Oct 1. Or get it by Wed, Sep 30 with faster delivery.

## **The Shift : How I Finally Lost Weight and Discovered a ...**

What she needed was a mental shift: "I realized that what I put in my head is far more important than what I put in my mouth." With this basic philosophy to lean on, Johnson began the slow process of learning to eat smaller portions, eating healthier, low-carb foods, and learning to say no when people tempted her with high-calorie foods.

## **THE SHIFT by Tory Johnson | Kirkus Reviews**

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