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The Start Here Diet: Three Simple Steps That Helped Me Transition from Fat to Slim . . . for Life (Hardback)

By Tosca Reno

Ballantine Books, 2013. Hardback. Condition: New. Language: English . Brand New Book. With her Eat-Clean Diet, Tosca Reno went from being overwhelmed and overweight to modeling a bikini, but her seventy-pound weight loss and body transformation didn't happen overnight; even Tosca needed a simple approach, a place to begin. Now she reveals her secrets so that you can begin your journey to safe weight loss and optimal health. Start now with The Start Here Diet! Tosca knows what it's like to feel ashamed of your body: At her heaviest, she hid behind bulky clothes and rarely had her picture taken. Her blood sugar level was like a roller coaster, and her heart rate was far from normal. Tosca was so focused on taking care of her family that she neglected her own needs. Then she started making slight adjustments in her everyday life--small changes that brought about big results. In this exciting book, she shares the three easy-to-follow steps that helped her get her life back on track: Step 1: Dive Inward. Identify the emotional triggers for your overeating, the self-defeating self-talk, and the underlying reason why you really want to shed the pounds. Sharing her own internal...

Reviews

The ideal publication i possibly go through. I was able to comprehended every thing out of this published e publication. I am delighted to explain how this is actually the finest pdf i have got read inside my personal existence and could be he very best ebook for possibly.

-- Roberto Friesen

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

-- Darrin Abbott