



The Shift: How I Finally Lost Weight and Discovered a Happier Life

Tory Johnson

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The Shift: How I Finally Lost Weight and Discovered a Happier Life Tory Johnson

The #1 bestseller--now in paperback with a new afterword and Tory's favorite recipes!

A single conversation with a boss forced Tory Johnson to face the one challenge that had always defeated her: her weight. After a lifetime of obesity, of failing at fad diets and sporadic health programs, Tory made the shift by recognizing that it was time to lose weight once and for all, and do it her way. In twelve months, she lost more than 60 pounds, and for the first time shares what she learned, what she ate and how she changed in *The Shift: How I Finally Lost Weight and Discovered a Happier Life*, her most personal book yet.

In this updated trade paperback edition, Tory Johnson adds a look back at the amazing response her Shift has brought from thousands of people across the country, shares additional lessons learned in the year following the book's publication, and includes the stories of "Shifters"--readers so inspired by her book they have made their own life-changing Shifts.

The Shift is not a one-woman weight-loss journey; *The Shift* is a gutsy look at what it takes to undo a lifetime of self-sabotaging habits and feel great about the change and yourself.

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