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The Shift How I Finally

The Shift: How I Finally Lost Weight and Discovered a Happier Life (p. 53). Hyperion. Kindle Edition. A line that

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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. I tear up knowing that she has a healthy body image and will never fear ...

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

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.

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

The Shift: How I Finally Lost Weight and Discovered a Happier 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. I tear up knowing that she has a healthy

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body image and will never fear ...

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

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

That is a huge accomplishment, but as she states in her book, *The Shift: How I Finally Lost Weight and Discovered a Happier Life*, that is just barely one pound a week. When the head of ABC Talent asked Johnson to lunch, she dreaded it because she knew what the topic would be: her weight.

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She finally got her act together and lost more than 60 pounds in a year. She shares her candid journey of exactly how she did it in her new book, " The Shift: How I Finally Lost Weight ...

Book Excerpt: 'The Shift: How I Lost Weight & Discovered a ...

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

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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. Citations should be used as a guideline and should be double checked for accuracy.

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

The Shift : How I Finally Lost Weight and Discovered a Happier Life by Tory Johnson (2014, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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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.

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Discovered A Happier Life Tory
Arrives by Thursday, Oct 1. Or get it by
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Editions for The Shift: How I Finally Lost Weight and Discovered a Happier Life: 1401324924 (Hardcover published in 2013), (Kindle Edition published in 2...

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Negotiators are trying to hash out a trade deal to avoid a tumultuous finale to the five-year Brexit crisis when Britain finally exits the EU's orbit in four weeks' time.

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