



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...



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Extremely helpful for all class of people. We have read through and that i am confident that i am going to going to read through again again down the road. Its been designed in an exceedingly basic way in fact it is simply following i finished reading this pdf in which in fact altered me, alter the way i think.
-- **Noel Stanton**

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