

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 dialogue—including excerpts from the journal she kept at that time—Tosca will help you overcome these internal barriers in a completely unique, accessible way. Step 2: Uncover Your Hidden Foods. Do you have a food you think you just can't live without? Or something you eat mindlessly and often? These are your “hidden foods” and they are sabotaging your best efforts to lose weight and keep it off. Through Tosca's transformative process, you will once and for all identify the empty-calorie foods that have added extra pounds and replace them with nutritious foods you can enjoy without weight gain. Part 3: Move a Little! The Start Here plan doesn't require you to join a gym or do lengthy daily workouts. Simply choose from Tosca's list of fifty basic movements to strengthen, tone, and improve your health. These are exercises you can fit into the rhythm of your busy life. Moving a little for even fifteen minutes a day will help reshape your body and put you on a path to weight-loss success. Like a good friend and trusted mentor, Tosca will show you how to believe in yourself again, forgive yourself, and imagine a life of joy you thought was out of reach. Her Start Here “essentials”—shopping and cooking tips, meal plans, and thirty delicious recipes—will help you learn to eat to nourish your body, not just to feed it. As Tosca says, The Start Here Diet is all about cherishing you—and you are wonderful! From the Hardcover edition.

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Farrow Listen to this title in full and for free: <http://9/203347> Content: Unabridged Written by The Start Here Diet: Three Simple Steps That Helped Me Transition From Fat To Slim . . . For Life PDF. Now she reveals her secrets so that you can begin your journey to safe weight loss and optimal health. Tosca Reno is an internationally known nutritionist, weight loss specialist, fitness trainer, motivational speaker, and bestselling author. Her Eat-Clean Diet book series has sold - 15 sec Audiobook The Start Here Diet: Three Simple Steps That Helped Me Transition from Fat to Listen to a sample or download The Start Here Diet: Three Simple Steps That Helped Me Transition from Fat to Slim . . . for Life (Unabridged) by Tosca Reno Three Simple Steps That Helped Me Transition from Fat to Slim . . . for Life Tosca Reno, Billie Fitzpatrick. THREE SIMPLE STEPS THAT HELPED ME

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