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*"Honest, thoughtful, and often hilarious . . . I couldn't put this book down."  
—Gretchen Rubin, New York Times bestselling author of The Happiness Project*

# the Shift

How I Finally  
Lost Weight  
and Discovered  
a Happier Life



Tory  
Johnson

GOOD MORNING AMERICA  
CONTRIBUTOR

*Tory Johnson*

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



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For Tory Johnson, weight was always a concern; although she felt ashamed of how she looked, Tory could never find the will to change. Whenever a network executive warned her that if she didn't lose fat her television career could be in jeopardy, Tory experienced something profound: A Shift. The Change begins with this eye-opening incident and follows Tory on her behalf weight-loss journey. She knew she didn't simply want to improve, she needed to transformation. Tory creates an idea, makes a summary of points she is willing to sacrifice, and teaches herself the realities of self-self-discipline. With disarming honesty, she shares her experience of overcoming the inevitable challenges along the way. Along the way, she becomes not only healthier but happier--a change that impacts every element of her life. Now, after a second major shift--losing a lot more than sixty pounds in a year--Tory is on a objective to help others modification their thinking and attain a better life. HELLO America contributor Tory Johnson is focused on helping women help to make great things happen. A FRESH York Times bestselling author and contributing editor to Achievement, Tory lives in NY with her hubby and their teenage twins. For anybody who provides struggled to produce a big life switch, The Shift offers valuable lessons and inspiration when planning on taking charge forever. Tory made the shift from employee to entrepreneur and constructed two multi-million-dollar businesses after a painful firing.



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the book the bottom line is: don't eat I hesitate to create negative evaluations of books. This one, though, was not only disappointing, but unhealthy. I actually spent the first few chapters looking forward to Tory to "shift" into healthy feeding on. And I held reading, and reading and reading more about NOT eating.....avoiding food at functions. The woman is a higher ranking executive in television, she didn't get there by pussyfooting around and mincing terms.. I found myself rolling my eyes as soon as she stated that her weight loss journey began two years ago.. Another cringe worthy second?only eating vegetables with no carbs.In one section of the reserve Tory recalls when she told her personal 14-year-old daughter that she'd feel more comfortable if she lost 5 pounds! It was if she experienced she had no value as a person because she was weighty, and that lack of self worthy of will repeatedly back its ugly mind. If you think your daughter needs to lose weight, then you yourself make changes to the dietary plan (switching out whole milk for fat free of charge, for example) and requesting her to accompany you on walks, hikes, exercise related activities.This book is about avoiding food, not moderation. Two quotes, "I could no longer think that "just one single" cupcake, piece of breads, or potato chip is acceptable.as soon as she realized she had to lose excess weight..."Books like these simply set people up for failure, unless you're on TV and know that you can get a book deal and lots of press coverage. The shift to an eating disorder... Tory's Book can be a big disappointment, she mostly advocates willpower rather than taking in. This from the same woman that was stating repeatedly that not really everyone loses excess weight the same and people have to do using what functions for them.myself! She talks a lot in what she isn't consuming instead of what you ought to be eating. This includes helpful ideas on how best to make it appear to be you're eating at a party when you are not. An obese friend asks her for advice on how best to lose weight, and she dismisses her, informing her she's not prepared to lose excess weight since she's not ready to quit margheritas with girls and then smugly claims she was simply telling her the reality.I actually felt like . Her girl reaches grow up thinking its ok for a woman's work to depend on her weight! Tory believed Barbara was heading about speaking with her about her weight in a smart and caring method by not coming right out and stating the meeting was about her fat! Anyway, once more, I am curious to find if the weight remains off. She didn't come right out and say it because you could sue them! EASILY ever walk by a girl scanning this book I'll snatch out of their hands and burn it! This is simply not a weight loss book! This is simply not a weight loss book at all... I expected some hard core assistance but all she givesare small sayings that are ridiculously basic minded. I returned the book, what a waste! Just what i had a need to hear!! This book is PERFECT for people who are truly food addicts.But didn't learn how to get ahold of it. Many thanks Tory for composing this from your heart and soul. I have been a

food addict all my entire life. Experts will let you know that success pounds losses must be preserved for five or even more years...I am 51..... She basically is teaching them that they can not EVER have anything lovely, that they are good and bad people based on what they consume..Yes. What exactly are you prepared to give up? Nevertheless, having read countless pounds loss memoirs over the years I am painfully conscious that every single author has gained a lot of their fat back afterwards.. The ultimate cringe worthy moment?.I've wasted so enough time.. It's even more of a bio about her and her hubby, her and her kids, her and her profession..Energy...." Only a sidenote, I lost sixty seven pounds on Weight Watchers and never quit my weekly lunches at the whatever you can consume Chinese buffet with my best friend.There are some trite tips, mostly about will power but absolutely nothing else.....if she wanted you to lose excess weight, she'd have said, "You should lose weight. Simply change one thing. It trained her nothing about how to deal with food, and that was underscored by the fact that she went on vacation and ate with abandon and then defeat herself up for this.Since reading the Shift.I have always known it was such a mental issue with me ..I've already begun to think differently and feel better." and "consciously NOT EATING is new and exciting....Love the Shift..Thanks so much!! Sorry, Tory, but I'm A Cynic Tory Johnson seems such as a genuinely great, well meaning person and her memoir has some definite takeaways...some very nice words of wisdom.You were me writing the book. The just exceptions were the memoirs about individuals who acquired gastric bypass. Individually, being somebody that struggles with my pounds myself, I would love to examine a memoir written by someone who has managed that loss for a long time and how they DID that. Because everybody knows how to lose the weight. When her daughter is being made fun of at college, instead of comforting her, she tells her she must lose five pounds, justifying it by saying she wished someone had told her to lose excess weight when she was young and it was manageable. Which means she was not thin for very long nor has she managed for a substantial amount of period...how do you stay there? Compared to maintaining, actually getting the excess weight off is normally a cake walk.eliminating lots of foods entirely, including fruit. BUT.. Other issues that I experienced with the book...I feel that Tory's diet was unrealistically restrictive.. Five Stars Ideal for encouragement The self hatred continuously expressed by Tory on her behalf heavier self only made me cringe. Talk about starting body image problems early! I was disappointed when she spoke of her Aha second..... A waste . Tory completely twisted that around to imply she would get fired for being heavy, and the woman NEVER SAID THAT. Seriously, Tory!....." Tory projected that meaning into her words, even by her personal admission she usually wore shapeless black clothes and that seemed to me to clearly be the woman's meaning. She after that embarks on an extremely restrictive diet... FOCUSED and DRIVEN The book

found its way to good condition. They're also saturated in Vitamin A and betacarotene, two things your body REALLY requires. But she claims that she's eating a healthy diet.. Tory Johnson HERSELF stated that anyone that stays on a diet long enough will eventually be thin. Okay, so all those children that made fun of you through school for being heavy didn't inform you for you that you had been overweight? As somebody that was a chubby child and was totally harassed by my parents, I wanted to slap her when she did that. Let's not go in to the sex chapter (NOT what I needed to read). You do not change and tell your child who is hurt by somebody else's cruel terms that she needs to lose weight, thereby validating the message that she's not worth love because she's unwanted fat.. She also discusses not teaching her children to have food problems, then models out to do exactly that. The only redeemable point is, diet plans don't work unless you follow them or set off them when you reach your goal. Buy newest edition. A GENUINE friend, someone supportive, would have said, "okay.. What healthy habit can you add (exercise) or unhealthy one can you drop?..And money about failed short-term attempts at every diet plan product imaginable. I did so however, give up plenty of other things instead. Hello! loved the book Three Stars An ok read Love!.because I, and all other women out there who've lost huge amounts of weight know very well what "the shift" is. When it's off.. When it's on, you can resist anything.it's that change in the human brain that turns on when you're dieting and makes you have superhuman willpower...!forget it. And it hardly ever stays on. So, I guess we'll need to check back with Tory in another four or five years and see how she's doing after that. So, this woman wasn't ready to do Just what she did so she's not ready to lose fat?when her boss had a meeting with her and cryptically said she wasn't looking as good as she could and recommended Tory discover her stylist. No here is how she lost weight. Good buy This was a helpful read.swearing off carrots since they're too much in carbs? The author was very focused and determined to accomplish her goal which I plan to do Great up to now I'm just beginning this publication but so far We am taking pleasure in it! I love Tory on GMA and can't wait to learn of her trip because she looks wonderful. Five Stars As described &. Right here's to acquiring control of the 1 thing in life that I must say i can control. Tory reminded me so much of myself...I have seen so much success in my own life and I'm a issue solver, so why cannot We solve something as simple as what We put into my mouth. Like Tory, I possibly could likely write a publication on the intricacies of nourishment, but don't follow what I know. Why? Because I hadn't made the shift. So identifiable!learning to be a pro at shifting things around upon a plate.. Not everyone includes a job that depends on what they weigh, which it appears to be what is behind her "change". Thanks Tory for being vulnerable and sharing it...that's not easy for a solid woman! Other criticisms?



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