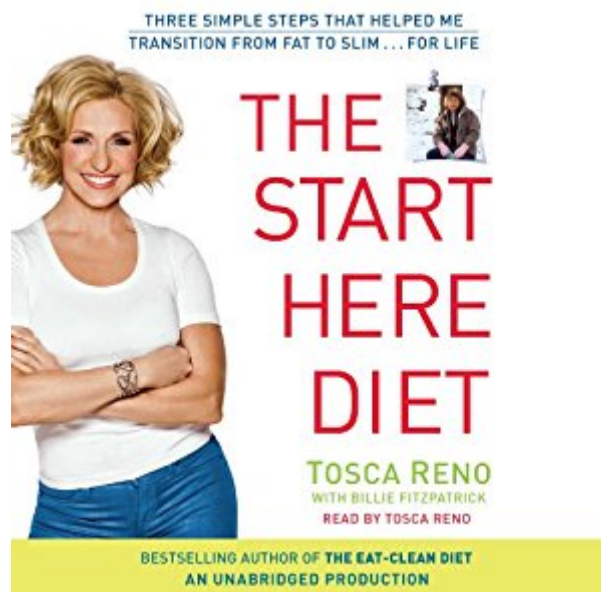




The book was found

The Start Here Diet: Three Simple Steps That Helped Me Transition From Fat To Slim . . . For Life



Synopsis

With her Eat-Clean Diet, Tosca Reno went from being overwhelmed and overweight to modeling a bikini, but her 70-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. 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. Then she started making slight adjustments - 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. 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! Simply choose from Tosca's list of 50 basic movements to strengthen, tone, and improve your health. Moving a little for even 15 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.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: December 31, 2013

Language: English

ASIN: B00GXIXLFO

Best Sellers Rank: #127 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #301 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #391 in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

I really admire this woman. To start weight lifting and losing weight at the age of 40 is really inspiring. I appreciated how on page 45, she mentioned helping someone who weighs over 300 pounds. I like that she speaks to the masses on her journey, not just people who need to lose 30 pounds (whoever they are ;) Most people I know need to lose much more. Her approach is very doable and NOT unrealistic. Give her your time. It's not complicated.

Basically the same diet info that is in every book it's not bad just the same. Give up some food you love etc..

Tosca Reno is awesome and makes health and nutrition easy to understand and use in real life. Everyone should own all her books.

I love a Tosca Reno!!!! This is an excellent book to get you started on Eating Clean!!! Highly recommended!!!!

I still do not know what my hidden food is! The book was okay and the recipes looked like they would be good. What I found difficult to follow was that the situation that Tosca had was very different from mine even though it was good to hear about the other people too I could not grasp how to use the situations talked about to help my weight loss.

Meh. I've read her other books and this wasn't great as a "start here" or "quick start guide". I'll stick to her other books for better tips, anecdotes, and recipes.

Nothing different from the Eat Clean books but still a great read.

Can't seem to "get" into the work involved.

[Download to continue reading...](#)

The Start Here Diet: Three Simple Steps That Helped Me Transition from Fat to Slim . . . for Life
BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat
Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training
Workout) (FIT BODY Book 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know
BONUS 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss,
... diet, paleo diet, anti inflammatory diet) How To Lose Thigh Fat: The Most Effective and Simple

Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet)

Contact Us

DMCA

Privacy

FAQ & Help