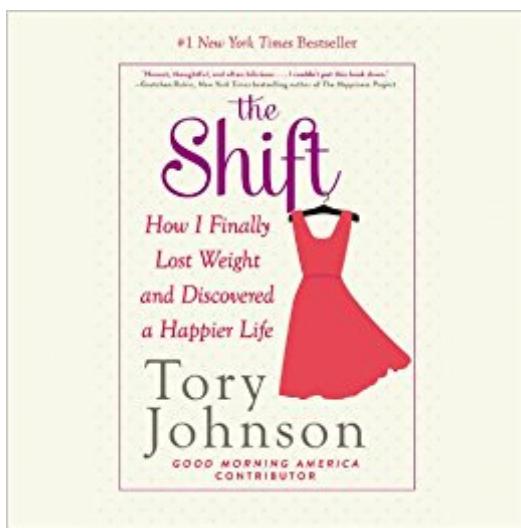


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# The Shift: How I Finally Lost Weight And Discovered A Happier Life



## **Synopsis**

[\*Read by the author - Tory Johnson] For Tory Johnson, weight was always an issue. Although she felt ashamed of how she looked, Tory could never find the will to change. When a network executive warned her that if she didn't lose weight her television career could be in jeopardy, Tory experienced something profound: a shift. She knew she didn't just want to change -- she needed to change. The Shift begins with this eye-opening incident and follows Tory on her weight-loss journey. Tory creates a plan, makes a list of things she is willing to sacrifice, and teaches herself the realities of self-discipline. With disarming honesty, she shares her experience of overcoming the inevitable challenges along the way. In the process, she becomes not just healthier but happier -- a shift that impacts every facet of her life. For anyone who has struggled to make a big life change, The Shift offers valuable lessons and inspiration for taking charge once and for all.

## **Book Information**

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## **Customer Reviews**

"Tory Johnson's riveting, shoot from-the heart story inspires all of us to live a better life. She shows how a small shift of thinking can have a huge impact on health and weight. Who could ask for a truer champion and friend on the path to our dreams?" --Diane Sawyer "[Tory Johnson's] honest, thoughtful, and often hilarious account of how she lost more than sixty pounds, kept her sanity, and changed her eating habits forever will resonate with anyone who has ever struggled to eat healthfully. I couldn't put this book down." --Gretchen Rubin, New York Times bestselling author of The Happiness Project

TORY JOHNSON, a Good Morning America contributor, is all about helping women make great things happen. She made the shift from employee to entrepreneur and built two multimillion-dollar businesses after a painful firing. Now, after a second major shift -- losing more than sixty pounds in a year -- she is on a mission to help others change their thinking and achieve a better life. A New York Times bestselling author and contributing editor to Success, she lives in New York with her husband and children.

I hesitate to write negative reviews of books. This one, though, was not only disappointing, but unhealthy. I spent the first few chapters waiting for Tory to "shift" into healthy eating. And I kept reading, and reading and reading more about NOT eating...becoming a pro at moving things around on a plate...avoiding food at parties...cutting out lots of foods entirely, including fruit...only eating vegetables with no carbs. In one section of the book Tory recalls when she told her own 14-year-old daughter that she would feel more comfortable if she lost 5 pounds! Talk about starting body image issues early! Let's not even go into the sex chapter (NOT what I wanted to read). This book is about avoiding food, not moderation. Two quotes, "I can no longer think that "just one" cupcake, piece of bread, or potato chip is acceptable..." and "consciously NOT EATING is new and exciting." Books like these just set people up for failure, unless you're on TV and know that you can get a book deal and lots of press coverage.

Tory Johnson seems like a genuinely nice, well meaning person and her memoir has some definite takeaways...some great words of wisdom. However, having read countless weight loss memoirs over the years I am painfully aware that every single author has gained a lot of their weight back afterwards. The only exceptions were the memoirs about people who had gastric bypass. Personally, being someone that struggles with my weight myself, I would love to read a memoir written by someone who has maintained that loss for years and how they DID that. Because we all know how to lose the weight. Tory Johnson HERSELF stated that anyone that stays on a diet long enough will eventually be thin. BUT...how do you stay there? Compared to maintaining, actually getting the weight off is a cake walk. I found myself rolling my eyes as soon as she stated that her weight loss journey began two years ago. Which means she hasn't been thin for very long nor has she maintained for a significant amount of time. Experts will tell you that success weight losses must be maintained for five or more years. Other issues that I had with the book...I feel that Tory's diet was unrealistically restrictive. It taught 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 beat herself up

for it. Other criticisms? The self hatred continuously expressed by Tory for her heavier self just made me cringe. It was if she felt she had no value as a person because she was heavy, and that lack of self worth will repeatedly rear its ugly head. I was frustrated when she spoke of her Aha moment...the moment she realized she had to lose weight...when her boss had a meeting with her and cryptically said she wasn't looking as good as she could and suggested Tory see her stylist. Tory completely twisted that around to mean she was going to get fired for being heavy, and the woman NEVER SAID THAT. Come on, Tory! The woman is a high ranking executive in television, she didn't get there by pussyfooting around and mincing words....if she wanted you to lose weight, she would have said, "You need to lose weight." Tory projected that meaning into her words, even by her own admission she usually wore shapeless black clothing and that seemed to me to clearly be the woman's meaning. She then embarks on an extremely restrictive diet...swearing off carrots because they're too high in carbs? They're also high in Vitamin A and betacarotene, two things your body REALLY needs. But she claims that she's eating a healthy diet. Another cringe worthy moment? When her daughter is being made fun of at school, instead of comforting her, she tells her she needs to lose five pounds, justifying it by saying she wished someone had told her to lose weight when she was younger and it was manageable. Okay, so all those kids that made fun of you through school for being heavy didn't make it clear to you that you were overweight? As someone that was a chubby kid and was totally harassed by my parents, I wanted to slap her when she did that. If you think your daughter needs to lose weight, then you yourself make adjustments to the diet (switching out whole milk for fat free, for instance) and asking her to accompany you on walks, hikes, exercise related activities. You don't turn around and tell your child who is hurt by someone else's cruel words that she needs to lose weight, thereby validating the message that she's not worthy of love because she's fat. The final cringe worthy moment? An overweight friend asks her for advice on how to lose weight, and she dismisses her, telling her she's not ready to lose weight since she's not willing to give up margheritas with the girls and then smugly states she was just telling her the truth. This from the same woman that was saying repeatedly that not everyone loses weight the same and people have to do with what works for them. So, this woman wasn't willing to do EXACTLY what she did so she's not ready to lose weight? A REAL friend, someone supportive, would have said, "okay. What are you willing to give up? What healthy habit can you add (exercise) or unhealthy one can you lose? Just change one thing." Just a sidenote, I lost sixty seven pounds on Weight Watchers and never gave up my weekly lunches at the all you can eat Chinese buffet with my best friend. I did however, give up plenty of other things instead. Anyway, once again, I am curious to see if the weight stays off...because I, and all other women out there who have lost large

amounts of weight know what "the shift" is...it's that switch in your brain that turns on when you're dieting and makes you have superhuman willpower. When it's on, you can resist anything. When it's off...forget it. And it never stays on. So, I guess we'll have to check back with Tory in another four or five years and see how she's doing then.

Tory's Book is a big disappointment, she mostly advocates willpower and not eating. The only redeemable point is, diets don't work if you don't follow them or go off them when you reach your goal. Not everyone has a job that depends on what they weigh, which it appears to be what is behind her "shift". She talks an awful lot about what she isn't eating instead of what you should be eating. This includes helpful tips on how to make it look like you are eating at a party when you aren't. She also talks about not teaching her children to have food issues, then sets out to do exactly that. She basically is teaching them that they can't EVER have anything sweet, that they are good and bad people depending on what they eat. Her daughter gets to grow up thinking it's ok for a woman's job to depend on her weight! Tory thought Barbara was going about talking to her about her weight in a clever and caring way by not coming right out and saying the meeting was about her weight! Hello! She didn't come right out and say it because you could sue them! If I ever walk by a young girl reading this book I will snatch out of their hands and burn it!

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