



The Gift Shop

Charlotte Armstrong

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From the internationally-renowned Canadian fitness guru and author of the bestselling *Eat-Clean Diet* series comes a three-step transformation plan for the chronically overweight--the same simple program that helped Tosca lose 74 lbs and become a bikini model at 50!

In this life-changing book, bestselling author Tosca Reno delivers an approachable plan designed to help you gently lose problem pounds without a big lifestyle change. Her three simple steps help you isolate emotional barriers to weight loss, identify the "hidden foods" that literally weigh you down, and encourage you to move a little every day--offering 50 small movements to choose from. Tosca also offers 28 days of suggested meal plans and 30 easy and absolutely delicious recipes to make at home.

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