



Shift for Good: Simple Changes for Lasting Joy Inside and Out

Tory Johnson

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Good Morning America contributor Tory Johnson truly believed that she would live happily ever if only she could lose weight. She seemed to be well on her way to that ever-lasting joy after losing 62 pounds in a year--a journey she detailed in her inspirational #1 *New York Times* bestseller *The Shift*. But as her initial euphoria began to subside, Tory realized that other areas in her life could use improvement as well. Buoyed by her success in weight loss, Tory began to apply the principles she had learned through *The Shift* to these other areas--work, relationships, money, and more--with the same patient tenacity. To her joy she soon saw that her Shift had only begun! In *Shift for Good* Tory delivers her remarkable results: how doors opened, relationships deepened, opportunity abounded in every direction--and all through taking small, simple, persistent actions.

Tory's practical and intimate new book--filled with specific tips and encouragement--will inspire readers to Shift every day, in every way!

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