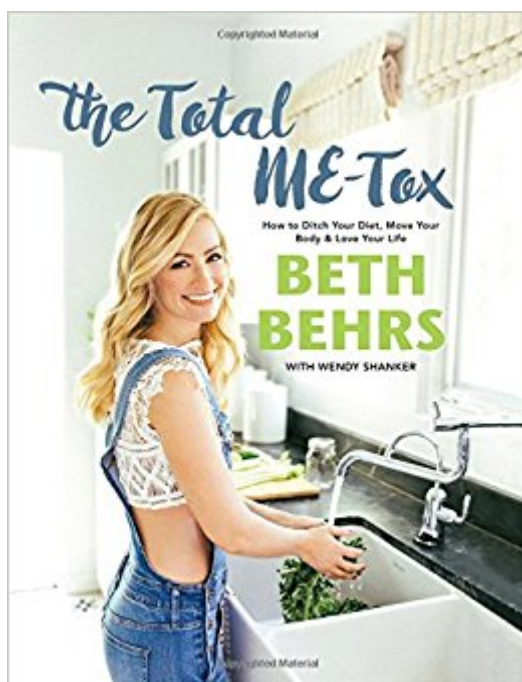


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# The Total ME-Tox: How To Ditch Your Diet, Move Your Body & Love Your Life



## Synopsis

Actress Beth Behrs of *m>* presents a lighthearted, down-to-earth, and holistic wellness guide to giving up the junk food junkie lifestyle and achieving physical and emotional health. Before hitting her stride as one of Hollywood's hottest rising stars, Beth Behrs was a junk-food-loving couch potato, high-strung and stressed out. And then one day, she decided she'd had enough: she was going to take back her life. Beth began with simple steps that led to big changes—and now she wants to help readers do the same. In *The Total Me-Tox*, Beth shares her journey toward wellness, along with easy-to-follow healthy recipes, shrewd shopping tips, and fun living-room fitness routines (a.k.a. "Meh Workouts") designed to revitalize and inspire even the laziest among us. As entertaining as it is instructive, *The Total Me-Tox* is an achievable program for looking and feeling great about yourself.

## Book Information

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## Customer Reviews

Actress Beth Behrs is well-known for her role as Caroline Channing on CBS's hit show *2 Broke Girls*. She has also appeared in films and on the stage, and is an active philanthropist and supporter of youth, environmental, and arts education foundations. She was raised in Virginia and now resides in Los Angeles, California. [fb.com/Beth-Behrs-190519859757/@BethBehrs](https://www.facebook.com/Beth-Behrs-190519859757/@BethBehrs)

Really good resource for change. I would totally recommend this book to anyone looking to better eating habits and lifestyle

My wife loved the book! Very interesting and quite useful information!

Nice book. Good reading .

Great book

Inspiring! Lots of valuable real-life advice. Loved it!

Went together perfectly as advertised looks great

just read the intro and first chapter, it's like she is writing this for me and the way I eat

I saw Beth on the Rachel Ray show and she was speaking of her book and how she came about writing it. I immediately went to and ordered it. I am halfway through the book. I carry with me back and forth to NYC reading it. She has amazing easy tips and her writing great. I feel like she is my girlfriend. It is not a typical "diet" book. Here she is helping you to make little changes each week for a healthier lifestyle. First week I started drinking hot water with lemon every day in the morning as soon as I woke up. She gives tons of great advice and the book has many great recipes. Five stars all the way.

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