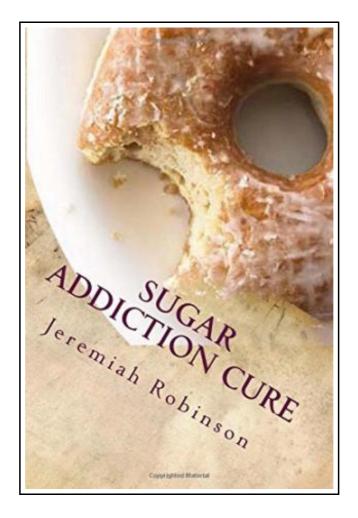
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. It s Time to Overcome Sugar Addiction and be satisfied with Yourself! When we think of addiction we don t always associate it with Sugar. Unfortunately, when we are addicted to sugar our brains react much in the same way as when a person is addicted to drugs or alcohol. If you have ever struggled with sugar addiction, I m sure you can relate to this. You are going to figure out how to combat the cravings, and recognize the triggers that cause Sugar Addiction! Sugar Addiction can take over lives. It almost did mine! I struggled with sugar addiction for years before I finally figured out the strategies to help overcome it. I will share with you exactly what I did so that you can conquer this frustrating addiction as well. When we think of addiction we don t always associate it with Sugar. Unfortunately, when we are addicted to sugar our brains react much in the same way as when a person is addicted to drugs or alcohol. If you have ever struggled with sugar addiction, I m sure you can relate to this. You can overcome your Sugar addiction with simple and effective strategies that took me years to learn. Luckily for you, you can be put on the fast track to beating your dependance on sugar. You Should Read This book if You want to: Lose Stubborn Body Fat Clear your skin up Prevent heart disease Feel full and satisfied Speed up your metabolism You Il Read about. What Actually IS Sugar Types of Sugar How To Identify Emotional Triggers How to Get Your ATTITUDE RIGHT! How To form a New and Resourceful Habits...

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