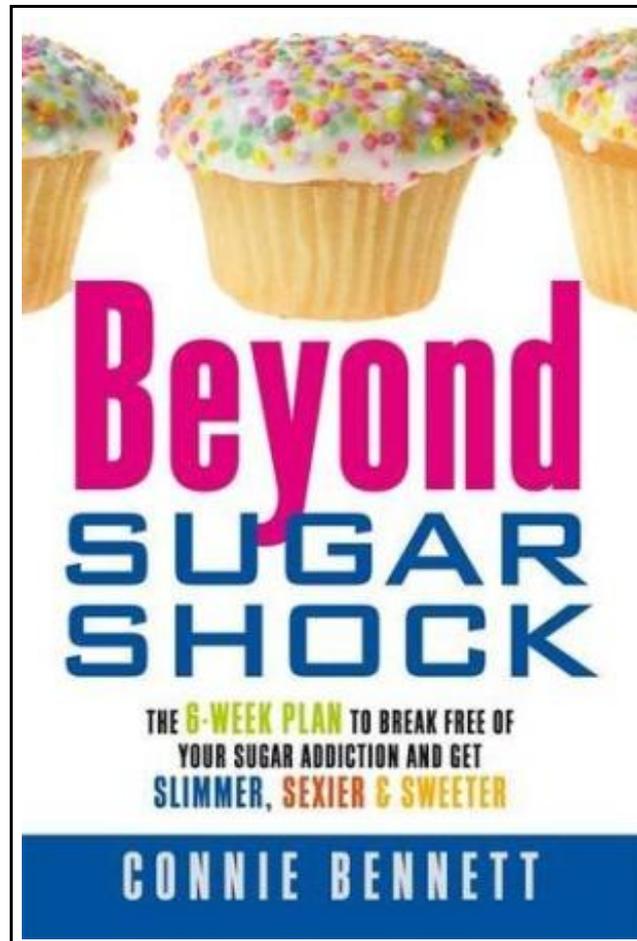


Beyond Sugar Shock: The 6 - Week Plan to Break Free of Your Sugar Addiction & Get Slimmer, Sexier & Sweeter



Filesize: 9.68 MB

Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

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BEYOND SUGAR SHOCK: THE 6 - WEEK PLAN TO BREAK FREE OF YOUR SUGAR ADDICTION & GET SLIMMER, SEXIER & SWEETER



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Beyond Sugar Shock: The 6 - Week Plan to Break Free of Your Sugar Addiction & Get Slimmer, Sexier & Sweeter, Connie Bennett, From Connie Bennett, author of "Sugar Shock!" - the book that Mehmet Oz said 'spills the beans' on the shocking impact of sugar and simple carbohydrates - here comes "Beyond Sugar Shock", the first book to provide a simple, practical, mind-body-spirit plan to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as low libido, excess weight, overpowering fatigue and many other unexplained ailments, this book provides a step-by-step, six-week program to gently guide readers to a healthier life. In this friendly, compassionate book, they'll find: a playful, but serious Sugar Shock Quiz to help readers learn about their personal sugar addiction; easy, tried-and-true techniques that Connie used - and that her clients and Sugar Freedom Now participants use - to successfully quit her sugar habits; dozens of easy tips and tactics to stomp out carb cravings; simple meal plans, tasty recipes and a food/lifestyle pyramid that shows readers how to let go of quickie carbs and non-foods and instead enjoy real, wholesome, health-giving nutrition; entertaining, interactive 'adventurcises' (adventurous exercises) such as 'Do Sugary Soul Searching', 'Party with the Produce', and 'Snatch the E-Z Vitamins'; affirmations to refresh, rejuvenate and renew; and, remarkable success stories with before-and-after photos. Readers will find out that letting go of their sugar or carb addiction is much simpler than it seems - and it can even be fun! And once they've addressed their addiction, readers will not only look and feel better, but will also experience a sense of joyous freedom and a sweeter, balanced life.

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