



## Sugar Detox for Beginners: Easy Guide to Stop Sugar Addiction, Bust Sugar Cravings with Delicious Sugar Free Diet (Recipes Included)

By Julia Gilbert

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sugar Detox for Beginners Easy Guide to Stop Sugar Addiction, Bust Sugar Cravings with Delicious Sugar Free Diet (recipes included) Sale price. You will save 66 with this offer. Please hurry up! Are you a diehard fan of sugar? Do you often dream how amazing you will feel eating all those cupcakes, muffins, candy and chocolates? Do you hate yourself because of it? Well, no more of self hate! This book has exactly what you are looking for to bust your sugar addiction and cravings. It will tell you how to fix your mind so that you can get closer to achieve your goal. It will also tell you what to buy and most importantly what NOT to buy in its bonus chapter. All you need to do is to start taking this book seriously in order to fix your mood, improve your body shape and clear your mind off the excess sugar present in your bloodstream. This book contains: Strategies on developing an anti-sugar mindsetGuide on how to spot companies that are selling you products that you...

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