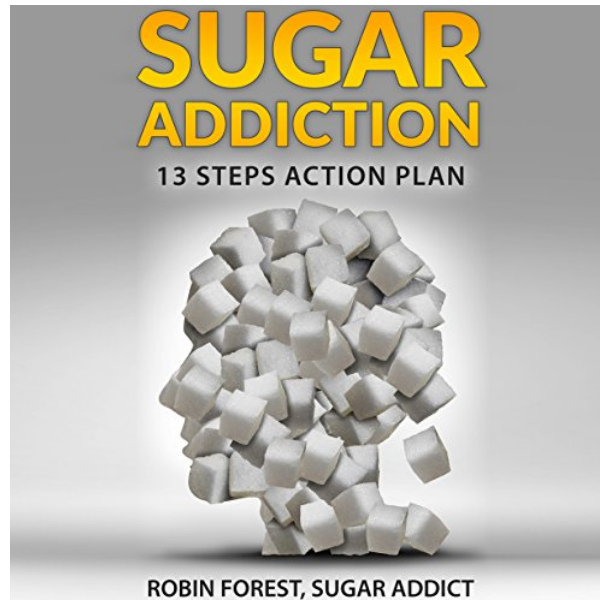


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This book was written by an actual sugar addict: me. I am sharing my knowledge and experiences through this program.

I've had my sugar addiction under control now for several years and am living proof that following this program can improve your self-esteem, looks, and life in general.

- Sales Rank: #59898 in Audible
- Published on: 2016-01-06
- Format: Unabridged
- Original language: English
- Running time: 44 minutes

Most helpful customer reviews

2 of 2 people found the following review helpful.

Amazing book

By Bale_Power

Amazing book and so helpful. Started it with the slow process and I am doing well. At first I thought it was a bit crazy and then I thought why not try it as nothing else has worked. So I have mastered one thing at a time. Still working through it though and I am not rushing like she tells you to not do. I find that she is right in that if we do as she says things fall into place, at least that is my experience. I have lost three pounds and while that is not so much it is a big deal as it is staying off and not popping back on and off and on and off like in the past. I come from a family that has alcoholic back round so I was interested to see the connection to that and my sugar cravings too. I very good book with sound advice that i would recommend to anyone.

2 of 2 people found the following review helpful.

Helped me to overcome my sugar addiction!

By Amazon Customer

I am struggling with sugar addiction for a very long time now. I never was able to recover from it, as I kept binge eating and purging it off. It became such a problem where I constantly was skipping work and activities with friends. I read a lot of books on the subject, but not many of them provided me with the practical tips I needed. But this book changed everything. I would never have thought that such a short book would contain the tips that I needed. The beginning was very difficult, I still kept binging a lot, however after a couple of days it became easier and easier. I can say that I am free from my sugar addiction now. The best tips were: remove all temptations and visualization. Thank you very much, I feel like a changed man!

2 of 2 people found the following review helpful.

The book gives some great advice and techniques

By Michael H

It is an interesting book and brought back memories of when I was eating too much candy, chocolate, crisps and all the bad food a few months back. The techniques in the book are a good way to help you overcome the

addiction, I particularly like the one about getting rid of all the sugar products as then you don't have the temptation :D.

The book is well written which makes it an enjoyable to read whilst helping.

I can see that some of the techniques and methods can be used in other types of addiction if you modify it in the right way.

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