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Goodbye Sugar – Hello Weight Loss, Great Skin, More Energy And Improved Mood: How You Can Beat Cravings And Emotional Eating



Synopsis

Are you ready to: Banish sugar and carb cravings? Manage your weight for life? Look and feel years younger? Regain energy, vitality and mental clarity? Reduce your risk of diabetes and other chronic diseases? If so, Goodbye Sugar is the book for you! Goodbye Sugar is nutritionist Elsa Jones's revolutionary programme for sugar addicts that contains the missing ingredient lacking in other diet plans: it works by targeting not only your physical dependency on sugar but your emotional dependency too – the part of you that needs a sweet treat when you're feeling tired, stressed, bored, lonely or simply because it's the weekend. We all know a diet too high in sugar wreaks havoc on our waistlines and our well-being, from dull skin and accelerated ageing to a heightened risk of developing diabetes and heart disease, inflammation in the body, suppressed immunity, feelings of anxiety and stress and even an increase in cancer-causing hormones. Yet many of us feel powerless when it comes to our cravings for sweet treats. Goodbye Sugar will provide you with all the tools you need to make lasting changes. There's a healthy eating plan specifically designed to reset your taste buds, balance out your blood sugar and curb your sweet cravings, while exercises and techniques based on Cognitive Behavioural Therapy (CBT) will teach you how to come to break bad habits, beat cravings, maintain motivation and, ultimately, have a healthy and controlled relationship with all types of food – especially the sugary kind! It's time to say Goodbye Sugar. For good. Following Elsa's programme has changed my life; I don't crave sugar or get energy slumps anymore and I'm slimmer than I've ever been. Alison,

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Book Information

File Size: 23715 KB

Print Length: 224 pages

Publisher: Gill & Macmillan (April 17, 2015)

Publication Date: May 6, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00VV2A9T8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #633,698 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

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