



Goodbye Sugar: Hello Weight Loss, Great Skin, More Energy and Improved Mood

By Elsa Jones

Gill & Macmillan Ltd. Paperback. Book Condition: new. BRAND NEW, Goodbye Sugar: Hello Weight Loss, Great Skin, More Energy and Improved Mood, Elsa Jones, We all know a diet too high in sugar wreaks havoc on our health and well-being, yet many of us feel powerless when it comes to our cravings for sweet oblivion. Goodbye Sugar contains the missing ingredient lacking in other diet plans. Nutritional Therapist Elsa Jones' revolutionary programme targets both physical and emotional dependency on sugar - the part of you that 'needs' a sweet treat when you're feeling tired, stressed, bored, lonely or simply because it's the weekend. As well as expert nutritional advice and a healthy eating plan, you will learn how to identify and overcome thoughts and behaviours that are sabotaging your health and weight, as well as the essential skills to stay motivated and conquer cravings for good. 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 programme for you! 'Following Elsa's programme has changed my life; I don't crave sugar...



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The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just pleased to inform you that this is the greatest book i have got study inside my personal daily life and could be he best pdf for at any time.

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