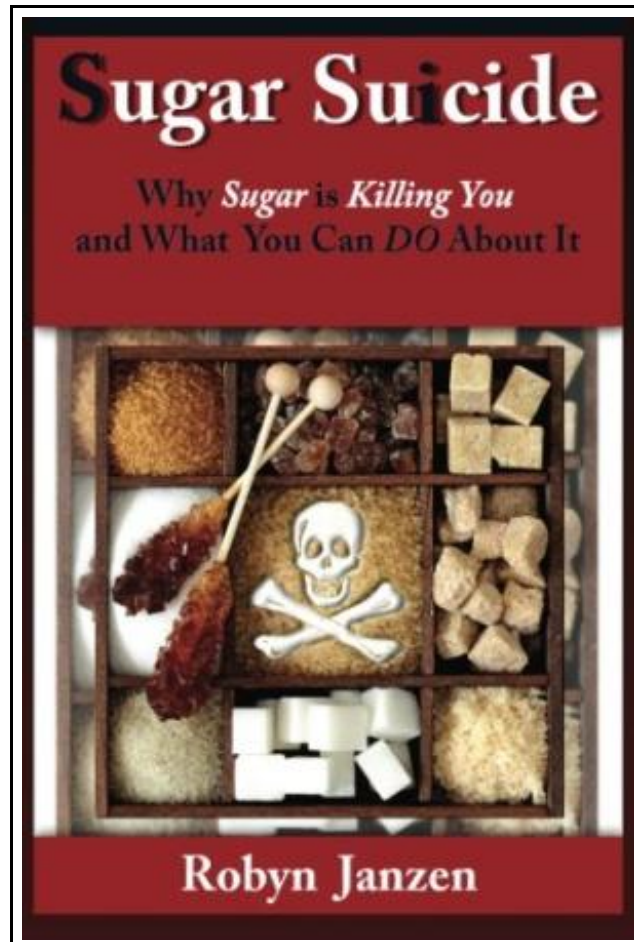


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Reviews

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SUGAR SUICIDE: WHY SUGAR IS KILLING YOU AND WHAT YOU CAN DO ABOUT IT (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.STOP COMMITTING SUICIDE by devouring HUGE amounts of SUGAR. We live in a society where sugar consumption is alarmingly easy and done without considering the consequences. From being a kid to adulthood, we chuck down far too much of the sweet stuff. And most of the time we don't give this a second thought. Nearly all of us have a sweet tooth. That's quite natural. To top it all off, most of us give little thought what's in store down the road, unless sugar-amounts are drastically reduced. Sugar intake is easy and convenient, yet it's slowly but surely killing us. There is more than enough concrete proof that a sedentary lifestyle is more than certain to shorten your life. If you didn't know how bad sugar is for your health, well, let me just say You are in HUGE DANGER. This needs to stop. And this is where my book comes in -- and why you need to read it. See, this book will teach you how to cut way, way back on sugar consumption. You'll get a list of meaningful, healthy recommendations to reduce eating sweets. My book will show you how to make simple yet beneficial changes in your sugar-intake. All these tips and methods will show you how to become more vibrant, positive and optimistic. And to make things better, you'll be able to show others how to add years to their life. We even show you how to overcome roadblocks, resistance and pessimism. So go ahead, read through my book and start implementing the changes I suggest. You will be happier and healthier for doing it. To...



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