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I have another idea. I m going to quit this book. I am so sick of the contradictory advice, and I m also sick of the inflammatory ideas. Firstly, if you re going to write a book boasting about how you ve quit sugar, you should probably have actually quit sugar.

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I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook [Sarah Wilson] on Amazon.com. *FREE* shipping on qualifying offers. A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood

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I Quit Sugar Your Complete 8 Week Detox Program and

I Quit Sugar was very informative for me. There was no preaching and it was presented in a fun and vibrant way that made me want to follow the project. I wish there were more dinner recipes but otherwise it really helped me start out on living a healthier lifestyle. I recommend this book if you are hoping to live healthier by giving up sugar.

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