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When I first quit sugar there were only a few books on the issue even in print. That was almost 30 years ago. I learned a heck of a lot from Sugar Blues by William Duffy.

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Sugar Addiction Reading List books on sugar Growing

Where the physiology and psychology of sugar addiction intersect is this: sugar (and all addictions) are biochemical substitutes for what we are meant to receive in relationship things like love, warmth, connection, soothing, tenderness, care, and affection.

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