

[SUGAR ADDICTION BOOKS](#)



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The Best 8 Books on Sugar Addiction SugarAddiction.com

Duffy went on to marry her and write a book about sugar that was also decades before it s time. It s a truly incredible story. The history lesson alone, about the rise of England due to sugar and the role slavery played in the growth of sugar use, is worth buying the book.

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Sugar Addiction Reading List books on sugar Growing

It doesn t heal the root of your sugar addiction and it doesn t lead to long term behavioral change in how much sugar you eat. The only way to heal a sugar addiction is to find other ways of caring for your physical, emotional and relational needs so you don t need to use sugar in this way.

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I am suffering from Diabetics. So that I need to change my lifestyle into sugar free lifestyle. This book provides techniques about how to avoid sugar addiction. Author did a great job. I recommend to this book.

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Sugar Addiction Book Helpful Links Beating Sugar Addiction

An easy-to-read book that demonstrates research-based observations about why people eat the way they do, and ways for you to mindlessly cut back on your food intake to easily lose 10 pounds in a year.

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New Book Reveals How the World Got Addicted to Sugar

Taubes discusses the addiction potential of sugar in his book, explaining how sugar affects the reward center in your brain, the nucleus accumbens. Sugar, like other addictive substances and behaviors, trigger dopamine secretions.

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'10 Day Detox Diet' author Mark Hyman tells how to end

'10 Day Detox Diet' author Mark Hyman tells how to end sugar addiction and clean low-sugar meal plan in his book that will be

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