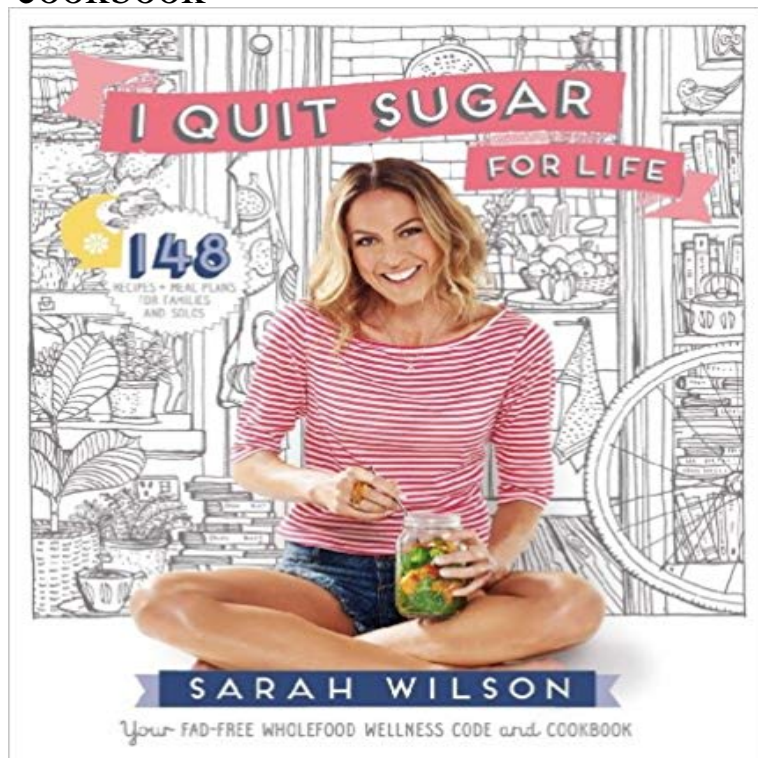


# I Quit Sugar for Life: Your fad-free wholefood wellness code and cookbook



Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used to. With her internationally bestselling book, *I Quit Sugar*, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In *I Quit Sugar for Life*, Sarah shows you how to be sugar-free for ever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: \*banish cravings by eating good fats and protein \*deal with lapses \*maximize nutrition with vegetables \*exercise less for better results \*detox safely \*make sustainable food choices \*cook sugar-free: one hundred and forty-eight desserts, cakes, kids stuff, comfort dinners, breakfasts and easy packed lunches *I Quit Sugar for Life* is not just about kicking a habit; its a complete wellness philosophy for your healthiest, calmest, happiest self.

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