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I QUIT SUGAR: YOUR COMPLETE 8-WEEK DETOX PROGRAM AND COOKBOOK



Clarkson Potter Publishers, United States, 2014. Paperback. Book Condition: New. 249 x 213 mm. Language: English . Brand New Book. A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugarto lose weight; boost energy; and improve your looks, mood, and overall health, with 108 sugarfree recipes. Sarah Wilson thought of herself as a relatively healthy eater. She didn t realize how much sugar was hidden in her diet, or how much it was affecting her well-being....

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- Authored by Sarah Wilson
- Released at 2014



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