



Your Last Diet!: The Sugar Addict's Weight-Loss Plan

Kathleen DesMaisons

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From the bestselling author of *Potatoes Not Prozac*—this is the *first* diet plan specifically designed for people who are sugar sensitive.

If you've tried every diet under the sun only to watch your weight boomerang, take heart. You may have been born with a biochemistry that makes you more vulnerable to becoming addicted to sugar. The first weight-loss program of its kind, *Your Last Diet!* pinpoints what you can do to heal your sugar sensitivity once and for all—and lose weight permanently in the process.

Inside you'll discover how to

- Increase serotonin and beta-endorphin levels for appetite and mood control
- Feel more confident, energetic, and clear-minded
- Lose weight steadily—without rebounding
- Adjust eating habits for maximum health

Filled with testimonials from people who have followed the plan, lost weight, and kept it off, *Your Last Diet!* is a powerful inspiration to all who have struggled with sugar addiction and weight issues. This will truly be your *last* diet!

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The reserve untitled Your Last Diet!: The Sugar Addict's Weight-Loss Plan is the publication that recommended to you you just read. You can see the quality of the book content that will be shown to you actually. The language that publisher use to explained their ideas are easily to understand. The author was did a lot of research when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of Your Last Diet!: The Sugar Addict's Weight-Loss Plan from the publisher to make you a lot more enjoy free time.

Elmer August:

People live in this new moment of lifestyle always aim to and must have the free time or they will get wide range of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not just a robot. Then we request again, what kind of activity are there when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, often the book you have read is usually Your Last Diet!: The Sugar Addict's Weight-Loss Plan.

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Edward Donnelly:

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