

A Life Less Sugary: How eating less sugar changed my life

By Antonia Parker

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I have struggled with a weight problem all my life. I have gone from extreme low calorie dieting to uncontrolled binging and I have eaten a LOT of sugar along the way. This book is all about my life-long battle with the scales. How I got thin and how I put it all back on again (a few times over) and how my emotional state effected my eating. All of that stopped and I found balance (on the scales and in life) when I read Sweet Poison and cut sugar out of my life for good. My book is full of hints and tips to make your journey as easy as possible. If I can quit sugar you can too. Good luck!

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