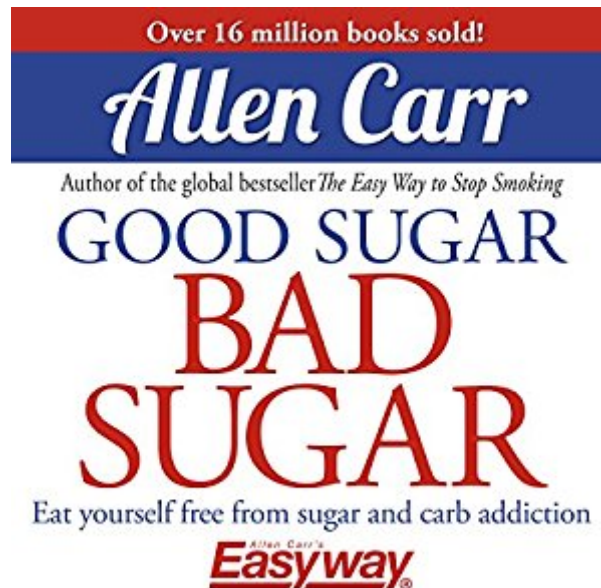




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Good Sugar Bad Sugar



Synopsis

Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: sugar. Due to refined sugar in so many foods, we are seeing epidemics of obesity and type II diabetes on a global scale. The warnings are stark - a 50 percent rise in the death toll from type II diabetes in the next 10 years - yet it's not as straightforward as telling people to cut down on the sugar. Sugar consumption is an addiction that begins at birth, and it requires a proven method to get you free. Good Sugar Bad Sugar applies Allen Carr's Easyway method to this problem of sugar addiction, unraveling the brainwashing that makes us see sugary food as a pleasure or a crutch and replacing it with clearly explained logic.

Book Information

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Customer Reviews

I love Allen Carr's take on addiction and how to overcome.

Great read, makes sense to rid our lives of the MONSTERS. I am sure I will revisit the book for reassurance

Useful advise for diet change

feeling much better while reading this.

I ordered this on audible so I could listen to it in my car. I was a sugar addict all my life and I never thought I would ever see the day when I no longer ate sugar. I don't know how this works, but it does. It's like magic. It will change your life too. Get it and be free! I have been recommending it to everyone I know. Thank you Allen Carr

I read Allen Carr's Easy Way to Stop Smoking in 2009 and haven't smoked since. Not even craved a cigarette. So I was curious about his other books. I didn't try them right away, I suppose I was worried that if they didn't work then it would crush my idea that he really did develop a great system to stomp out our bad habits. So I downloaded this recently and decided to give it a try. It was very similar in nature to the EasyWay method: while you might not be startled by new amazing facts, Carr's method is different. It works by undoing the mental and emotional connections to the the habit and product, reversing the brainwashing that years of consumption, advertising and society did to our minds. Have I kicked sugar since reading it? I'd say by amount 80%. Do I miss it? Nope, hardly at all. I am not craving chocolate, cake, cookies, bread, potatoes. It's amazing really to change a 4-decade habit with a book.

Good Sugar Bad Sugar is a polemic about the dangers of sugar and how it causes chronic and debilitating illness like diabetes and metabolic immune disease. It is a book for people who want to quit eating sugar and/or are thinking about it. Mr. Carr premise is that we have been brainwashed to eat sugar despite the damage it causes. He is very convincing and his ability to show how sugar wrecks our bodies is rock solid. However, the author is quite certain that when we know how bad sugar is for us that we will easily, almost automatically stop. Ultimately he uses an intellectual argument and I see its value but it is hard for me to imagine that just logic and cerebral arguments alone will help people quit. I imagine most people need more support and help to stop eating sugar. Despite the author's passionate belief that when we have the information we will stop eating sugar I have rarely seen change happen so quickly and easily. Or maybe this is just true for me. I am smart enough, I totally understand the dangers but it is still very hard to stop. And it is hard for this not to be acknowledged. . Right now it takes my full attention and focus.. So, although this book may be one of my most important tools in my quest to stop eating sugar. I just might need more than this. Thank you to Netgalley and Arcturus Publishing Limited for giving me the opportunity to review this book for an honest opinion.

The book explores to enlarge the Easyway approach to control the unhealthy use of "sugar" in our daily life, which led to an epidemic of diabetes. The book is divided into chapters, each giving out a lesson for information and adoption. But structurally the book wants us to understand the implications of constant sugar use (also of starchy carbs), and seek to avoid - eliminate, not minimise - its use. And, coupled with the inclusion of fresh fruits in our diet. The book on one hand "counter brainwashes" us into understanding about "bad sugar" and to adopt a sustainable, healthy lifestyle. A very readable and informative book.

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