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The Sugar Addicts Total Recovery

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Kathleen DesMaisons, Ph.D., is the author of the bestselling Potatoes Not Prozac and The Sugar Addict's Total Recovery Program. Dr. DesMaisons lives in Albuquerque, New Mexico, where she has a private practice and runs her organization, Radiant Recovery. Her popular... More about Kathleen DesMaisons

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In THE SUGAR ADDICT'S TOTAL RECOVERY, Kathleen DesMaisons elaborates on material found in her earlier book POTATOES NOT PROZAC. DesMaisons is an expert on addictive nutrition. Many people who eat sugar impulsively may have an addiction problem. Sugar can be found in everything from alcohol to apples.

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Sugar Addicts Total Recovery [PDF] Download Full - PDF ...

The Sugar Addict's Total Recovery Program is a follow up book to that to provide a detailed plan for the sugar addicts recovery. Not many people have heard of a sugar addict's program, so to speak, like other types of addiction programs but that is exactly

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what this book is.

Book Review: The Sugar Addict's Total Recovery Program

The Sugar Addict's Total Recovery Program Book Review. I bought The Sugar Addict's Total Recovery Program by Kathleen DesMaisons a few years ago when I was feeling really desperate. While I don't agree with everything in the book it is a fanatastic resource for those who feel like their dependency on sugar may be related to their depression or getting in the way of reaching goals.

The Sugar Addict's Total Recovery Program Book Review

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Sugar Addict's Total Recovery : Kathleen DesMaisons ...

In THE SUGAR ADDICT'S TOTAL RECOVERY, Kathleen DesMaisons elaborates on material found in her earlier book POTATOES NOT PROZAC. DesMaisons is an expert on addictive nutrition. Many people who eat sugar impulsively may have an addiction problem. Sugar can be found in everything from alcohol to apples.

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She is the best-selling author of Potatoes Not Prozac, The Sugar Addict's Total Recovery Program, Your Last Diet, Little Sugar Addicts and Your Body Speaks. She is both a passionate coach and a social commentator who has taken the concept of sugar sensitivity and transformed the way of looking at the relationship of addiction and food as a healing agent.

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The Sugar Addict's Total Recovery Program on Apple Books

DesMaisons' second book, "The Sugar Addict's Total Recovery Program" is a great follow-up to her first book. It gives us a "roadmap" to follow to recover from sugar addiction, as well as practical information to incorporate this program into everyday use.

The Sugar Addict's Total Recovery... book by Kathleen ...

The Sugar Addict's Total Recovery Program-Kathleen DesMaisons
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in her bestselling book, Potatoes Not Prozac, Dr. Kathleen DesMaisons now presents the first complete, in-depth dietary plan for living with—and healing—sugar sensitivity.

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