



# Overcoming Sugar Addiction: How I Kicked My Sugar Habit and Created a Joyful Sugar Free Life

*Karly Randolph Pitman*

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## Overcoming Sugar Addiction: How I Kicked My Sugar Habit and Created a Joyful Sugar Free Life

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If you can't stop eating sugar once you start, if you want to free yourself from painful consequences of a sugar addiction, then this book offers hope through a personal story of redemption. Karly Randolph Pitman lived a sugar addict's life, with binges, violent mood swings, yo-yoing weight, low self esteem, bulimia, and depression. She attempted to give up sugar dozens of times over 10 years. When she at last hit bottom, a sad but clear choice presented itself: sugar or her very life. Finding the courage to accept her sugar sensitivity and heal her addiction, Karly now teaches others who are sugar sensitive how to heal. An Internet sensation when first published as an ebook in 2008, this revised 2nd edition shares even more insights into how to live sugar free in a sugar-saturated world. But, dear reader, this is not a diet book. Yes, food choices are important, and there's an expanded chapter on "What to Eat." But more important, this book shows how emotions, memories, and habits leave you vulnerable to sugar's siren song. Kicking your sugar habit will be a journey for your physical body, as Karly herself experienced. But for changes to last, they need reach the emotional and psychological levels and beyond - touching your very soul. The idea of kicking a sugar habit intimidates all who seriously consider it. Karly explains how to get ready - and how you'll know when you're ready - to overcome an addiction to sugar. This book shares exactly how Karly did it so you can do the same - without feeling deprived, resentful, or like a food cop. Karly's gentle approach will help you give up sugar while maintaining a relaxed, intuitive relationship with food. Release yourself from sugar bondage following a method that's joyful, sustainable and lasting.



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