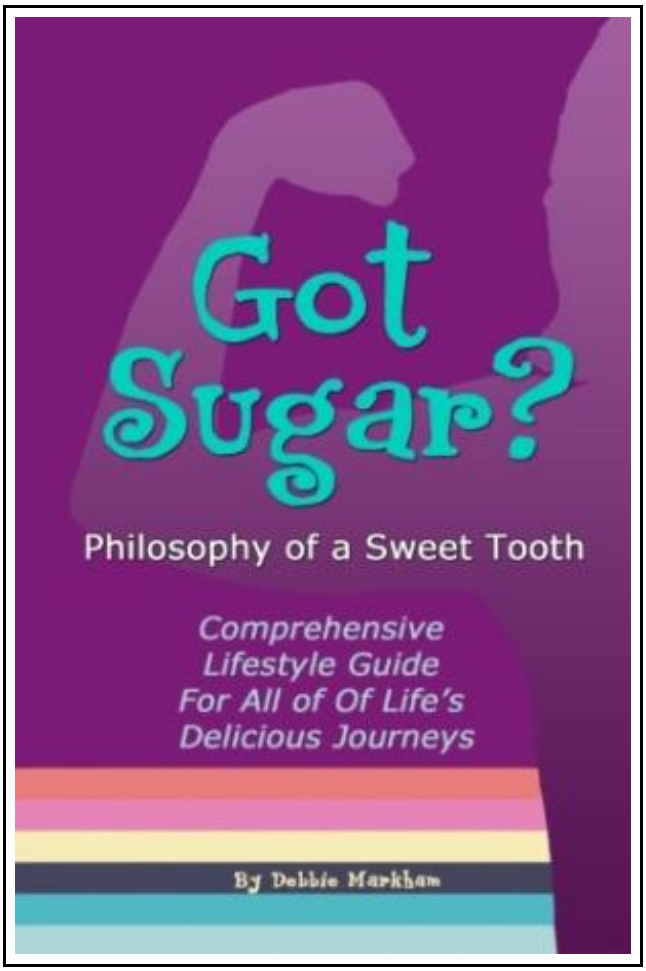
Got Sugar? Philosophy of a Sweet Tooth: Comprehensive Lifestyle Guide for All of Life s Delicious Journeys



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

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Createspace, United States, 2010. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Debbie Markham has been known as Sugar D, Sugar Mamma and Got Sugar Girl among other nicknames relating to her sweet tooth. After years of hounding from her mom about how bad sugar is, she decided to research the effects of sugar on the body and document her findings with her personal philosophy and lifestyle including sweets. Debbie has learned how to balance raising a family, staying fit, and eating the sweets she really enjoys. Even through the ups and downs of divorce and becoming a single working mom, Debbie has jogged her way to the light at the end of the tunnel. She is living proof that positive habits can help achieve financial freedom, independence and happiness. Debbie writes about her lifestyle of embracing sweet things that come her way, doing what she loves to do, taking risks to enrich her experience here on planet earth. She hopes her book will show you that you too can do what you love, be healthy, happy, successful and create a life you want. You CAN eat sugar and stay healthy. find out how! This main Got Sugar? book Philosophy of a Sweet Tooth includes tons of Debbie s upbeat lifestyle tips and stories. Many new ideas are offered to help pep up your daily routine, regain focus and relearn how to live with a child-like spirit. Over the last 15 years, Debbie has changed from just getting through each day, to wanting to get up to challenge herself with a goal or unusual game she s created. Find out for yourself and be inspired into the habit of happiness with her philosophy as a sweet tooth. Eating sweets may...

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