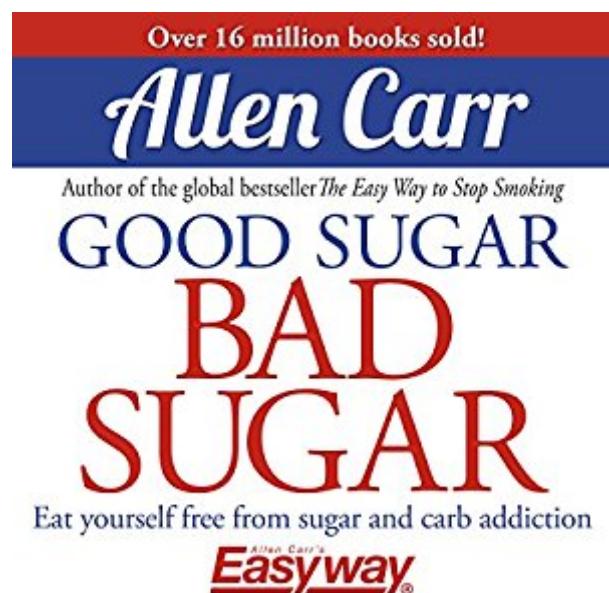


The book was found

# 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**

Audible Audio Edition

Listening Length: 6 hours and 14 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Arcturus Digital Limited

Audible.com Release Date: August 15, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01JBB78E4

Best Sellers Rank: #35 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #52 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #53 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

## **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 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.

[Download to continue reading...](#)

The Good, the Bad, and the Ugly Cincinnati Reds: Heart-Pounding, Jaw-Dropping, and Gut-Wrenching Moments from Cincinnati Reds History (The Good, the Bad, and the Ugly) (The Good, the Bad, & the Ugly) The Good, the Bad & the Ugly Philadelphia Flyers: Heart-pounding, Jaw-dropping, and Gut-wrenching Moments from Philadelphia Flyers History (Good, the Bad, & the Ugly) (Good, the Bad, & the Ugly) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The Good, the Bad, and the Ugly Cleveland Indians: Heart-pounding, Jaw-dropping, and Gut-Wrenching Moments from Cleveland Indians History (The Good, ... and the Ugly) (The Good, the Bad, & the Ugly) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Good Sugar Bad Sugar Rich Dad's Advisors®: The ABC's of Getting Out of Debt: Turn Bad Debt into Good Debt and Bad Credit into Good Credit The ABCs of Getting Out of Debt: Turn Bad Debt into Good Debt and Bad Credit into Good Credit (NONE) Rich Dad Advisors: The ABCs of Getting Out of Debt: Turn Bad Debt into Good Debt and Bad Credit into Good Credit (Rich Dad's Advisors (Audio)) The Good, the Bad, and the Ugly Cincinnati Reds (The Good, the Bad, & the Ugly) The Good, The Bad, and the Ugly Cleveland Indians (The Good, the Bad, & the Ugly) The Good, The Bad, and the Ugly Kansas City Chiefs (The Good, the Bad, & the Ugly) Bad Bad Bad Boy Rebels: Meeting the Bad Boy Rebels (Bad Boy Rebels Series Book 1) Bad Boy Rebels: Bad Girl Training (Bad Boy Rebels Series Book 2) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Mediterranean Diet:

Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)