

## *Davina's Sugar Free In A Hurry: The Smart Way To Eat Less Sugar And Feel Fantastic*

Secrets and silence swirl around money; sex work money doubly so. But sex workers can't afford to be mystified by their finances. Lola Davina, author of the "Thriving in Sex Work" comprehensive, easy-to-follow guide to financial well-being for all sex workers regardless of income, gender, or job title. With her trademark warmth and wit, Lola shows you how to manage your personal finances, even the yuckiest chores. Manage your time wisely, while earning what you deserve. Dismantle destructive thought patterns that cause you to overspend, underinvest, and lose your power. Share with loved ones without oversharing. Enjoy your work and love your life! Thriving in sex work means a healthy body, mind, heart, and bank account. Packed with practical, tested creative exercises, and personal stories, "Sex Work and Money" will help take your business to the next level!

A smaller belly and a healthier body can be yours in just 14 days. This easy-to-follow, six-step program of healthy eating and movement helps readers lose at least 7 percent of their weight and slash their risk of diabetes by 60 percent. Boost Your Metabolism & SHRINK YOUR BELLY -- FAST! You can have a healthier and leaner body in just 14 days. And the health benefits don't stop there. 1 when you begin to reduce the amount of added sugars in your diet with The 14-Day No Sugar Diet. Obesity and type 2 diabetes are real risks for you and your family: The typical American diet is high in processed foods filled with added sugars that trigger cravings for more. You can eliminate those risks and forge a new path to better health by following this simple 6-day program. The book shows that shedding just 7 percent of your body weight -- about 11 pounds for a 165-pound woman -- cuts diabetes risk by more than half! You can drop those pounds in just 2 weeks without starving, without sweating for hours in a gym, and without giving up the foods you love. DISCOVER WHAT THE 14-DAY NO SUGAR DIET CAN DO FOR YOU: \* Lose stubborn belly fat--one pound a day! \* Reduce your risk of type 2 diabetes by as much as 60 percent! \* Stop sugar cravings with a delicious meal plan you can enjoy for life! \* Sleep better and feel younger and happier. \* See a slimmer, fitter you in just days! Featuring easy meal plans and exercises, plus more than 50 delicious recipes, The 14-Day No Sugar Diet is the perfect solution for anyone who wants a flatter belly and a healthier body -- fast! Eat This, Not That! books have changed the way the world eats--and have helped millions of men and women lose weight, sometimes 100 pounds or more. The blockbuster series, with its pop culture attitude, shocking food swaps and proven "no-diet" weight loss strategies, continues to top the charts, with titles devoted to everything from survival, supermarket shopping guides, healthy pregnancies, and rapid weight loss. Oprah called Eat This, Not That! "a great guide everyone should get" and Ellen DeGeneres said "Eat This, Not That! will freak the weight right off of you!" EatThis.com

The inspiring rhyming story follows Riley as he discovers some of the wonderful things he can do when he grows up. With the help of his big cousin Joe, Riley is taken on a series of adventures and journeys that allow him to realise he can be anything he wants to be.

Nicola Graimes is an experienced health, cookery and food writer. She is the author of over 20 books and winner of the Best Vegetarian Cookbook in the UK in the World Gourmand Awards 2004 and Best Family Cookbook in the UK in the World Gourmand Awards 2004 as well as a finalist in Le Cordon Bleu World Media Awards in 2007

Yummy, easy recipes to help you kick sugar and feel amazing

Amazing sugar-free, no-fuss recipes to enjoy together

No Sugar Diet

8 Weeks to Freedom from Sugar and Carb Addiction

The Smart Way to Eat Less Sugar and Feel Fantastic

Riley Can Be Anything

The No Sugar! Desserts & Baking Book

"This cook knocked me off my feet! It's flipping brilliant!" Goodreads Reviewer. The truth is never what it seems. Neither are the people, regardless of who they are. Mafia romance Age Gap Murder mystery Steamy sex Violence I knew the past would come back to haunt me. It was only a matter of time before my world came crashing down. The only thing I didn't expect was Mateo. The head of the Italian mafia. We were never meant to cross paths; our worlds vastly different. His green gaze captured me, his touch burning through my defenses. The words he whispered melted away all the years of loneliness. But the secret I kept could get me killed. If he spared me, his rivals wouldn't. As my secrets unravel, it could cost me everything and everyone I loved.

Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

Forced into a marriage of convenience with Evan Sterling, the Duke of Rothschild, to save her sister, American heiress August Crenshaw pulls every stunt in the book to make him call off the wedding.

Davina McCall's delicious and healthy family recipes that help you balance blood sugar, lose weight and feel fantastic. 'I'm in a hurry . . . most of time. Help!!!' Life is so busy. We're all trying to do a million and one things at once. We know we should be watching our blood sugar and eating smart, but most of us don't have hours to spend in the kitchen. Davina's Sugar-Free in a Hurry is packed with tasty refined sugar-free recipes that get great meals on the table - fast. No fuss, no endless chopping and stirring, just amazing food that everyone will love. From quick suppers to indulgent weekend specials, guilt-free snacks to fabulous cakes and puddings, these recipes: \* are free from refined sugar so keep blood sugar in balance - no sugar cravings \* use smart carbs that help you stay healthy, look great and keep you feeling fuller longer \* include ingredients that are easy to use and are available in supermarkets Enjoy super quick yummy food in no time at all. Love it!

The no-nonsense guide to improving your health and energy in your 40s and beyond

Sugar-Free Baking

The Devil and the Heiress

Sugar Detox for Beginners: Your Guide to Starting a 21-Day Sugar Detox

The Heiress Gets a Duke

Sugar Free

Davina's Sugar-Free in a Hurry

**\*\*THE OFFICIAL BESTSELLER\*\*** Television tie-in Eat Shop Save contains over 80 recipes to restore sanity to the challenges of family cooking. Focusing on the time-poor in particular, these delicious meals will put a smile on the fussiest of eaters and entice families with chapters such as: Quick After Work Suppers, Favourites with a Facelift and Something Sweet (but good for you). Food is just the beginning. Using smart shopping and meal planning as a basis, you'll find tips to get organised, save money and free up precious time. - Weekly meal planners in each chapter help you save money - Make your own quicker, healthier 'takeaways' - Hide vegetables for fussy eaters - Become a smart shopper - Upcycle leftover ingredients - Give classic dishes a facelift

Handcuffs in the Sand is an explosive adventure through time. Starting in the late sixties and seventies smart young kids were caught up in the Drug War. Good looking beach kids in Southwest Florida, they noticed the older population there was oblivious to their escapades. A few ounces here or there, they saw a way to make major cash selling marijuana and then cocaine. The fast paced life was good for awhile, but the DEA was hot after them, always watching. Life has a way of turning on a dime and upsetting their lifestyle. The DEA, Florida Marine Patrol and local sheriffs busted down the door and things took a turn they did not expect "Riley os starring in his school, but his nerves are getting in the way. His big sister Ella gives him a plan: she helps him see he do it - he can!"--

Did you know that fat-free mayonnaise has over ten times the amount of sugar as whole egg mayonnaise?We have become addicted to sugar, whether we know it or not, and it is having a detrimental effect on our physical and mental health. The Sugar-Free Diet Recipe Book gives you an introduction to help cut sugar from your diet and improve your health. With over 100 recipe ideas and alternatives to the most sugar-loaded staples of most people's diets, it is a great resource for changing your life.

Thriving in Sex Work

The 14-Day No Sugar Diet

I Quit Sugar: Simplicious

Eat Carbs and Still Lose Weight With My Amazing 5 Week Smart Carb Plan!

Davina's Kitchen Favourites

Eat your way to health.

I Love Tractors!

A BuzzFeed Best Romance of 2021! Sparks fly when a runaway heiress bargains with a devilish rogue to escape a marriage of convenience. No one would guess that beneath Violet Crenshaw's ladylike demeanor lies the heart of a rebel. American heiresses looking to secure English lords must be on their best behavior, but Violet has other plans. She intends to flee London and the marriage her parents have arranged to become a published author--if only the wickedly handsome earl who inspired her most outrageously sinful character didn't insist on coming with her. Christian Halston, Earl of Leigh, has a scheme of his own: escort the surprisingly spirited dollar princess north and use every delicious moment in close quarters to convince Violet to marry him. Christian needs an heiress to rebuild his Scottish estate but the more time he spends with Violet, the more he realizes what he really needs is her--by his side, near his heart, in his bed. Though Christian's burning glances offer unholy temptation, Violet has no intention of surrendering herself or her newfound freedom in a permanent deal with the devil. It's going to take more than pretty words to prove this fortune hunter's love is true....

What's inside this eBook In this book you'll find various sugar-free chapters including: Weekday Dump 'n' Run: Fuss-free recipes you can throw together in the morning and come home to at night. Soups, Stews and Curries: Lush curries and hearty stews to get you through winter. Hearty Breakfast: Overnight breakfast packed with extra nutrition and ready to devour in the morning. Cakes 'n' Puds: Oozy-chocolate brownies, light and moist cakes and classic family favourites. Same-same But Different: All your sugar-laden favourites with an IQS makeover. You'll also find celebrity contributions from Margaret Fulton, Kate Gibbs and Matt Preston. More about the book Building on the nutritional concepts explored in Sarah Wilson's second print book, international best seller, I Quit Sugar for Life, the Slow Cooker Cookbook is a compilation of densely nutritious meals that are affordable and easy for families and solos.

This inspiring new book will help you remove refined sugar from your cooking where it really matters - in sweet puddings and cakes! Here are irresistible yet healthy desserts using nutritious ingredients - all are zero-sugar but many are lower gluten, lower dairy, vegan and paleo-friendly too. Ysanne's tried and tested recipes don't simply replace sugar with chemical substitutes, but use natural and unprocessed sweeteners. Satisfy your sweet craving with gooey puddings, crumbly fruit pies, chilled parfaits, creamy cheesecakes and cacao chocolate candies: here are ideas for families, teatimes and dinner parties, and treats that everyone will love.

NEW YORK TIMES BESTSELLER • A week-by-week guide to quitting sugar to lose weight, boost energy, and improve your mood and overall health, with 108 sugarfree recipes. "Life without sugar is much sweeter than I ever imagined it would be."—Shauna Ahern, Gluten-Free Girl Sarah Wilson thought of herself as a relatively healthy eater. She didn't realize how much sugar was hidden in her diet, or how much it was affecting her well-being. When she learned that her sugar

consumption could be the source of a lifetime of mood swings, fluctuating weight, sleep problems, and thyroid disease, she knew she had to make a change. What started as an experiment to eliminate sugar—both the obvious and the hidden kinds—soon became a way of life, and now Sarah shows you how you can quit sugar too:

- Follow a flexible and very doable 8-week plan.
- Overcome cravings.
- Make food you're excited to eat with these 108 recipes for detox meals, savory snacks, and sweet treats from Sarah Wilson and contributors including Gwyneth Paltrow, Curtis Stone, Dr. Robert Lustig (The Fat Chance Cookbook), Sarma Melngailis (Raw Food/Real World), Joe "the Juicer" Cross, and Angela Liddon (Oh She Glows). I Quit Sugar makes it easy to kick the habit for good, lose weight, and feel better than ever before. When you are nourished with delicious meals and treats, you won't miss the sugar for an instant.

Age Gap Mafia Romance

Handcuffs in the Sand

The Sprinkles Baking Book

100 Secret Recipes from Candace's Kitchen

7lbs in 7 Days Super Juice Diet

My low-carb, stay-happy way to lose weight

*'The book every middle-aged man who wants to look after their health should read' Max Pemberton, medical doctor, journalist and author 'Finally a book that tackles what men should be eating . . . Men of all ages will find this book incredibly beneficial' Dr Ellie Cannon, NHS doctor and resident GP for the Mail on Sunday* *ManFood is the definitive guide, tailored for men, on how to enhance their health easily and practically through their nutritional choices. If there was a way to eat that meant you could slow ageing, lose weight AND prevent illness, wouldn't you do it? Genetics and family history combine with our lifestyles and contribute to overall health, and the results show that men have significantly increased chances of experiencing various diseases. There are of course multiple factors that contribute to the development of disease, but we do know that nutrition is a powerful ally in reducing the risk. Now is your chance to make simple changes to your diet to ensure a longer, healthier, happier life. Drawing on the latest clinical research, award-winning nutritionist Ian Marber provides simple food swaps, myth-busting facts, and scientific evidence on how consuming certain foods can reduce your risk of prostate cancer, heart disease, diabetes, dementia and more. ManFood makes eating well easy, so you can boost your health and feel energised.*

*A self-help book for sex workers. Sex work is ?easy money? Hardly. The adult industry is riddled with pitfalls and dangers. Erotic labor is often emotionally demanding, draining, and complex. It can be hard to know who to turn to for advice on keeping yourself safe and sane. Lola Davina, former stripper, dominatrix, porn actress and escort, provides the life skills you need to prosper, including: ? Cultivating friendships, community, and romance ? Mastering money? Debunking sex industry myths such as you have to be flawless, or clients hate to hear ?no? Avoiding trigger states, like loneliness, fatigue, boredom, anxiety and depression, that lead to bad decision-making and burnout? Surviving bad calls, shifts, and shoots ? and so much more? Thriving in sex work means having a healthy body, mind, heart, and bank account. No matter your job title or gender, whether you're independent or work for someone else, if you want to succeed in sex work, then this book is for you.*

*'Hi, my name is Davina, and I'm a sugar addict . . .'* Davina McCall loves a challenge. And giving up sugar has been one of her toughest yet. In this beautiful cookbook, Davina shares her favourite super-healthy recipes that have helped her kick the sugar habit and cut out junk food for good. These recipes: *\*are easy to make but taste amazing \*contain the foods that help you look and feel great \*have no long lists of scary, hard-to-find ingredients This is real food for real life! 5 WEEKS TO SUGAR-FREE* also includes a 5 week meal planner that works towards curbing sweet cravings and cutting out all processed foods. Davina is no guru, she's one of us, so her plan also includes pudding recipes that help the most sweet-toothed chocoholic kick the added sugar habit. Simple, delicious and brimming with flavour, these recipes take the faff out of sugar-free!

*Bestselling author Davina McCall is inspiring millions to live a healthier lifestyle and has sold over half a million sugar-free books to date! Davina's Kitchen Favourites is her latest cookbook, full of food she loves to cook for family and friends, and lots of easy recipes that keep the show on the road when life gets crazy! "When I'm working, training or running a busy home, I like to stay healthy and to know I'm feeding myself and everyone else just the right amount of what we all need. These recipes are refined sugar free, full of nutritious goodness and don't need tonnes of ingredients to taste amaaazing!" Keep trim, save time and put nourishing meals on the table fast with Davina's Kitchen Favourites. It's full of delicious ideas to bring your favourite people together, a perfect gift for Mother's Day, and a life-saver for that friend who's always on-the-go! ALL the recipes in this book: \* are free from refined sugar so keep blood sugar in balance - no sugar cravings \* use smart carbs that help you stay healthy, look great and keep you feeling fuller longer \* use few ingredients that are budget-friendly and available in supermarkets Join Davina's huge online community of over 3.5 million dedicated followers by sharing your creations from the book on social media, using #sharethelove*

Tom Kerridge's Dopamine Diet

Supercharged Food

Menopausal

*Davina's 5 Weeks to Sugar-Free*

*I Quit Sugar*

*Eat Shop Save*

*Recipes & mealplanners to help you EAT healthier, SHOP smarter and SAVE serious money at the same time*

**Bob Greene has helped millions of Americans become fit and healthy with his life-changing Best Life plan. Now, for the first time, Oprah's trusted expert on diet and fitness teams up with a leading endocrinologist and an expert dietitian to offer a Best Life program tailored to the needs of people with diabetes and pre-diabetes. Coping with the unique challenges of living with these conditions can feel like a full-time job. That's why *The Best Life Guide to Managing Diabetes and Pre-Diabetes* takes a gradual, three-phase approach to improving diet and increasing physical activity and provides strategies for staying motivated. While offering clear guidance, the program is flexible enough that you can tailor it to your needs and abilities. The result: A way of living that improves blood sugar and helps you stave off heart disease, neuropathy, and other diabetes- and pre-diabetes-related conditions while reaching and maintaining a healthy weight. This comprehensive yet readable volume offers the information you need to protect your health whether you are controlling your disease simply with diet and exercise, are taking drugs orally, or need injected insulin. Detailed but flexible meal plans take the guesswork out of eating without making you a slave to the food scale or measuring cups. With complete nutritional analyses, the recipes for budget- and family-friendly dishes such as Vanilla Peanut Butter Smoothie, Cheesy Cornbread, and Slow-Cooked Pork ensure that you never have to sacrifice tasty food. Extensive reference sections, including a complete guide to diabetes drugs and a chart of the carbohydrate value of foods, give you quick answers you can trust, while a log for tracking your blood sugar readings, exercise, and medication helps you stay organized without hassle or added expense. With *The Best Life Guide to Managing Diabetes and Pre-Diabetes*, you won't have to let your life be defined by your diagnosis.**

**Sarah Wilson, bestselling author of *I Quit Sugar*, taught the world how to quit sugar in eight weeks, then how to quit sugar for life, incorporating mindful, sustainable, whole food practices. Now with *I Quit Sugar: Simplicious* she strips back to the essentials, simply and deliciously. She shows us: \* How to shop, cook and eat without sugar and other processed foods \* How to buy in bulk, freeze and preserve, with ease and without waste \* How to use leftovers with flair All three hundred and six recipes - from guilt-free sweet treats to one-pot wonders and abundance bowls brimming with nutrients - expand our knowledge of age-old kitchen processes and tend to our profound need to be creative with food. Drawing on the latest nutrition research and kitchen hacks, this is the ultimate cooking guide for those who want sugar out of their life and are ready to embrace the life-affirming, health-giving, planet saving simpliciousness of real food.**

**The potentially toxic effects of sugar are now well known. This book shows how you can still eat the food you enjoy by replacing sugar with a natural sugar substitute. You'll find sugar-free, and therefore healthier, recipes for: - Brownies - Muffins - Sponge cakes and fruit cakes - Scones, pies and tarts The delicious recipes in this book use xylitol as a natural sugar substitute, because it has benefits for your teeth, and for those with diabetes, and is much less fattening than sugar. Because xylitol is as sweet as sugar, you can use exactly the same amount of xylitol as you would use sugar in your baking recipes.**

**The instant New York Times bestseller! Cupcake favorites and dessert classics from the pastry chef and creator of Sprinkles Cupcakes and judge on Food Network's Cupcake Wars. When Candace Nelson started Sprinkles, America's first cupcakes-only bakery, in 2005, people thought she was crazy. "What else do you sell?" they'd ask. But Sprinkles sold out on opening day . . . and hasn't slowed down since! Now, in her first cookbook, Candace opens up her recipe vault to bring you 100 irresistible desserts she can't live without. You'll learn all the secrets for making 50 beloved Sprinkles Cupcakes, from iconic red velvet to new flavors created exclusively for the book, like crème brûlée. But Candace doesn't stop there. She shares the recipes for her all-time favorite cakes, pies, quick breads, cookies, bars, and other treats, plus delicious guest recipes from Sprinkles friends like Reese Witherspoon, Julia Roberts, and Michael Strahan. THE SPRINKLES BAKING BOOK is filled with all-American classics that will appeal to everyone in your family and on your dinner party guest list. So, don't hold back. Treat yourself to this sweet cookbook and share in the fun!**

**Healthy cakes and bakes for dieters and diabetics**

**The Sugar Daddy Formula: a Sugar Baby's Ultimate Guide to Finding a Wealthy Sugar Daddy**

**A guide for women who want to win at work**

**The Sugar-Free Diet Recipe Book**

**Riley Knows He Can**

**I Quit Sugar Slow Cooker Cookbook**

**The Low-Sugar Cookbook**

I know what you want: you want HOT DATES, LOADS OF SEX - and a MORNING AFTER that turns into the REST OF YOUR LIFE. So what's going wrong? I know that, too. I

used to be confused. I mean what is all this? Girl power, Ladettes, New men, Alpha Males? It's a scary world out there and we need all the help we can get. This book offers that help.

Supercharged Food is a simple and inspiring guide to eating for optimum health. It features more than 90 recipes that are gluten, wheat, dairy, yeast and sugar-free, each bursting with nutrient-rich or 'super' foods that will help nourish and heal your body. Whether you have coeliac disease, food allergies or you just want to improve your health, this is your one-stop shop for easy, vibrant and flavourful meals that will jump-start your immune system, boost your energy levels and maintain your long-term wellbeing.

Ella can't wait for all the family to arrive for Mummy's big party! But she has just one worry: Her cousins Taye and Jade, who argue every time they're together! Ella doesn't want her quarrelling cousins to ruin Mummy's party - but in order to stop them arguing, she'll have to come up with a brilliant plan...

Are you a sugar addict? Do you crave sweet treats, bread, pasta and sauce-laden food? Do you experience lethargy and mood swings as a result of blood glucose spikes and dips? Does your weight seesaw unmanageably? If the answer is yes to any of these questions, your health is at risk. Where fat used to be the enemy, scientists now point to the huge amount of sugar we consume as making us unhealthy. Sugar Free is packed with recent scientific research and nutritional advice to help you understand addiction to sugar and carbohydrates, including a chapter by Dr Nicole Avena, research neuroscientist, author and expert in nutrition, diet and addiction. It provides eight weeks of meal plans, both vegetarian and non-vegetarian, by nutritionist Emily Macguire, and includes journal exercises to help you break free from the mental, physical and emotional traps of old eating patterns. Sugar Free shows the way to a sustainable sugar-free lifestyle. Its simple and effective eight-week programme to quit sugar will enable you and your family to enjoy dramatically improved health, increased energy levels and weight loss. Author Karen Thomson is living in recovery from addiction to sugar and carbohydrates so has been there and understands exactly what you need to know to break the cycle of addiction and find your way to radically improved health.

The Best Life Guide to Managing Diabetes and Pre-Diabetes

Your Complete 8-Week Detox Program and Cookbook

Personal Finance Advice for Sex Workers: Sex Work and Money

Lessons I've Learned

Over 65 Delectable Yet Healthy Sugar-free Treats

Inspiring Recipes for Anyone Facing the Challenge of Diabetes and Maintaining Good Health

Delicious and Nutritious Recipes to Lose Weight, Boost Energy and Fight Fatigue

*Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of top chefs in the world and travelling the globe. Michael was already living with diabetes. For a top chef surrounded by great food, he faced the ultimate challenge of healthy eating and living. One day out of the blue, he suffered a major stroke while out to dinner with his family, an event that changes his outlook on life and food forever. Being a diabetic doesn't mean you are stuck in a gastronomic wilderness. You can have great food that's unexpected and exciting. It's all about keeping your blood sugar under control and balancing the ingredients to help you maintain good health,' says Michael. -- Michael Moore*

*Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good! Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you. Give it a go! And lose weight the Dopamine Diet way.*

*Beat Your Sugar Addiction Once and for All Sugar is an addictive substance, just like caffeine, nicotine, or alcohol. Eating too much sugar can have serious, long-term consequences for your health and your appearance. The Sugar Detox for Beginners will give you the tools you need to seize control of your sugar intake. A sugar detox diet is the most effective way to remove sugar from your system and break the dangerous cycle of unhealthy sugar cravings. With The Sugar Detox Diet, you will get over 75 delicious sugar detox recipes to help you feel more energetic and clear-headed than ever before. Sugar Detox for Beginners will help you start an effective sugar detox today, with:*

- 77 delicious and nutritious recipes for an easy sugar detox, including Almond Pancakes, Lemony Hummus, Tuna Salad, and Salmon Teriyaki
- A complete 21-day sugar detox plan when you want to gradually remove sugar from your diet
- 3-day sugar detox plan for when you want to get rid of sugar quickly
- The science behind sugar addiction

*10 tips to beat sugar cravings Sugar Detox for Beginners will help you reduce your sugar intake without depriving you of the delicious, feel-good foods that you love.*

*Do you want to lose weight, manage your diabetes, lower cholesterol, lower your blood pressure and feel full of energy? This book will show you why it is important to lower sugars in your diet and teach you exactly how you can achieve this. You will learn to identify the pitfalls in modern foods and how to go on and apply this to your everyday life. Learn About: Our Sugar Addiction, How to Read Food Labels, Foods to Eat on 7 Day Sugar Detox, Foods to Avoid, Low Sugar Vegetables, How to Quit Sugar and Beat Cravings. The Low Sugar Myth? Sugar and Carb Count in Everyday Foods? Detox Side Effects? 7 Day Sugar Detox Meal Plan? 7 Days of No Sugar Detox Recipes? Receive a Free Meal Planner & Shopping List. A sugar detox diet is the most effective way to remove sugar from your system and beat the addictive cycle of sugar cravings. With the no sugar detox diet book, you will find tips on how to quit sugar, prepare for detox and also get over 27 delicious sugar detox recipes. This sugar detox for beginners guide will give you the tools you need to take control of your sugar intake. By eating more natural foods high in nutrition and having no sugar, it will be possible to cut the cravings and feel satisfied. When you learn to remove harmful high sugar, high carb foods from your diet, and also substitute natural sugar foods in moderation your body will love you for it! This is the sensible approach to eating sugars, because*

*realistically there will always be a small amount of sugar in our diets. By learning where the hidden dangers lie, it is easy to be savvy about it and change our eating habits to make good decisions what we eat. Even some natural foods need to be eaten in moderation, so we'll discuss that too. It is a complete guide discussing how to identify sugars and carbs in your everyday diet and how to remove them.*

*Blood Sugar*

*master the art of controlling cravings with multi-million-copy bestselling author Paul McKenna's sure-fire system*

*I Quit Sugar Kids Cookbook*

*Davina's Smart Carbs*

*Ella Has A Plan*

*Lose Up to a Pound a Day and Find Your Path to Better Health*

*A Complete No Sugar Diet Book, 7 Day Sugar Detox for Beginners, Recipes & How to Quit Sugar Cravings*

*'OMG! Carbs are back on the menu ... and about time too!' Davina xxx Davina McCall helped the nation give up refined sugar in her number one bestselling cookbook, DAVINA'S 5 WEEKS TO SUGAR-FREE. In this new collection of delicious recipes, she cuts through the nonsense and solves the age-old problem: we love carbs but want to lose weight! DAVINA'S SMART CARBS will love us back. The simple truth is that our bodies need carbs but we need to eat the right ones. We need to eat carbs that satisfy our hunger, are packed with nutrients and help us stay in shape. DAVINA'S SMART CARBS do just that! These recipes: -will curb cravings and stop energy slumps - no more carb binging! -are packed with nutrients and fibre to keep you looking and feeling amazing - no more bloat or guilt! -have ingredients that are cheap to buy and easy to find DAVINA'S SMART CARBS also includes a 5 week meal planner that will make losing weight and staying healthy a doddle. There are snacks and sweet treats, family favourites and recipes that can be freezed easily. This is real food for life. At last, the recipe book you've been waiting for: Carbs are back!*

*'An inspiring guide to developing your personal brand, achieving your career goals and shaping the future of work' Red 'Everything every career woman needs to know and yet is rarely shared so honestly' Anya Hindmarch 'Refreshingly relevant and practical' Roksanda Ilincic Women have made great advances in the workplace, but despite that - and the overwhelming amount of career advice out there - the same questions continue to arise: how to succeed in a man's world, how to combine a career with a family, how to be authentic and fit in, and whether it is even possible to achieve a work-life balance while chasing career goals. Unfortunately, much of the advice women are offered is badly out of date and lacking in 'cut-to-the-chase' strategies that really tally with their experience of the workplace now. What's more, the advice often tends to be defensive, focused on overcoming obstacles rather than drawing upon strengths. Style and Substance starts from a very different perspective. Written by Helena Morrissey, who has learned through her own experiences as a woman in the workplace and as a business leader, it will help you understand what really matters when it comes to career progression today, whatever your age, situation and aspirations. Style and Substance will show you how to build your own style - your personal brand - and how to have confidence in it, and in yourself. Once you realise how much agency you have and the steps that you can take to look the part, sound the part, feel the part and therefore be the part, you'll be empowered to achieve your goals in your own way, secure in who you are and what you have to offer.*

*With her trademark humour, warmth and honesty, Davina McCall shares her life experiences. "I am a work in progress. There are times when I feel in control and like I know what I'm doing . . . and there are times (quite a few) (actually lots) when I've got no idea what's going on, where to turn, what to do, how to behave, and those are the times I've sought help! I have been helped by some extraordinary people. I've been supported and counselled through my recovery from drugs and alcohol. I've been hypnotised to get me through my ultimate fears. I've read a squibillion (that's a lot) of fantastic self-help books and I have shared and shared with the greatest girlfriends and family of all time. These nuggets of wisdom have, at times, literally kept me going, so I thought I'd pay it forward and share them with you . . ." In this long-awaited book, Davina McCall shares the tips and wisdoms learned on her 'work-in-progress' journey through life. Warm, engaging, honest and generous, this book will make you laugh and cry in equal measure. Lessons I've Learned is the closest thing to a Davina hug and we all need one of those . . .*

*With over 30 years' experience in helping people successfully change their lives for the better, Paul McKenna Ph.D. is perfectly placed to help program your mind to gain control over cravings and make healthier choices. This accessible guide - offering simple tips and exercises for change and including a free hypnotic trance download - is all you need to reduce your sugar intake and take the first step towards a healthier lifestyle. What people are saying: 'I have lost 1/2 a stone in a month with just doing this' -- \*\*\*\*\* Reader review 'My biggest addiction is sugar, and after a whole week of listening to the mind programming audio included, I found myself making better choices and eating less sugar' -- \*\*\*\*\* Reader review 'What can I say but McKenna does it again' -- \*\*\*\*\* Reader review 'One of the best books by Paul Mckenna, so savvy and yet so simple and applicable. A must read' -- \*\*\*\*\* Reader review \*\*\*\*\* Do you have an insatiable sweet tooth? Are you chained to cravings you can't control? THEN THIS BOOK AND AUDIO DOWNLOAD ARE FOR YOU! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. This book will walk you step by step through a series of simple yet powerful techniques to help you learn how to gain control over cravings and embark on a healthier lifestyle. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to reset your mind and change the way you relate to certain foods. Each time you listen, you will be programming your mind for success. IMPORTANT: IF YOUR DEVICE SUPPORTS IT, YOU WILL FIND AUDIO AND/OR VIDEO IN THIS EBOOK. IF YOUR DEVICE DOES NOT, FOLLOW INSTRUCTIONS TO SAVE THE MATERIALS DIRECTLY TO YOUR COMPUTER, OR TO STREAM VIA YOUR SMARTPHONE OR TABLET.*

*Dating Game*

*Style and Substance*

*Vows of a Mobster*

*ManFood*

*Heartfelt Advice for Staying Sane in the the Sex Industry*

*Get Control of Sugar Now!*