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A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your looks, mood, and overall health, with 108 sugarfree recipes. Sarah Wilson thought of herself as a relatively healthy eater.

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instant. "When I quit sugar I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable.

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sugar to lose weight; boost energy; and improve your mood, and overall health, with 108 sugarfree recipes. 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.

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diets or in making eating miserable.

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Quit that sugar intake! 9. Stabilized Mood - Studies have shown that consuming over 25 grams (approximately six tsp.) of sugar daily can cause of mood swings, anxiety, and

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depression. Quitting sugar can be a huge benefit to your mental health.

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A New York Times bestseller, I Quit Sugar is week-by-week guide to quitting sugar to lose weight; boost energy; and improve your mood, and overall health,

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with 108 sugarfree recipes. 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.

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