

## I Quit Sugar

As seen in USA Today's hottest releases and The Washington Post's 10 New Books Spotlight “Sarah Wilson is a force of nature – quite literally. She has taken her pain and grief about our sick and troubled world and alchemized it into action, advocacy, adventure, poetry, and true love.” — ELIZABETH GILBERT Wake up and reclaim your one wild and precious life. New York Times bestselling author Sarah Wilson shows you how in this radical spiritual guidebook, the book we need NOW. Many of us are living with the sense that things are not right with the world and are in a state of spiritual PTSD. We have retreated, morally and psychologically; we are experiencing a crisis of disconnection—from one another, from our true values, from joy, and from life as we feel we are meant to be living it. Sarah Wilson argues that this sense of despair and disconnection is ironically what unites us—that deep down, we are all feeling that same itch for a new way of living. Drawing on science, literature, philosophy and the wisdom of some of the world’s leading experts, and her personal journey, Wilson offers a hopeful path forward to the life we love. En route, she shows us how to wake up and reconnect with life using “wild practices” that include: · Hike. Embrace the “walking cure” as great minds throughout history have. · Go to your edge. Do what scares you and embrace discomfort daily. · #Buylesslivemore. Break the cycle of mindless consumption and get light with your life. · Become a soul nerd. Light up your intellect with the arts. · Get “full-fat spiritual”. Have an active practice and use it to change the world. · Practice wild activism. Through sustained, non-violent protest we can create our better world. The time has come to boldly, wildly imagine better. We are being called upon, individually and as a society, to forge a new path and to find a new way of living. Will you join the journey?

Sarah Wilson encourages us to be the change we want. She liberated us from the health costs of processed food by helping us to quit sugar. She inspired us to reframe anxiety as an opportunity for personal transformation rather than as a frailty. Now she emboldens us to adopt 'zero-waste' cooking as the path to good health, creativity and an altogether more elegant life. Inside this book you will find the most instructive, practical and useful kitchen advice that you are ever likely to encounter. Sarah acquaints us with Flow, an intricately crafted kitchen process that shows us how to cook gut-healing, nutritionally dense, delicious food in less time, for less money and with virtually no waste. I Quit Sugar: Simplicious Flow is more than its 348 recipes, stunning food photography and intensely useful instruction. It is a manifesto for change, a challenge to us all to take charge of our kitchen, our expenditure, our time, our own health and the health of the planet.

"Who doesn't crave sugar? And who doesn't believe that if she ate less sugar, she would feel healthier--lighter, more rested, energized, and even more beautiful? It's just breaking the addiction that seems so hard. "If not a sweet treat," we ask, "then what?"

From the New York Times bestselling author of I Quit Sugar and First, We Make the Beast Beautiful comes this proven 2-week plan for reducing anxiety and beating one of its leading causes—sugar addiction—using 8 simple, sustainable dietary shifts. Eating more than 6 teaspoons of sugar a day? No wonder you're anxious. Anxiety has a lot to do with lifestyle choices, including what you put in your mouth. Sarah Wilson is an expert on sugar addiction and its connection to the most widespread mental health concern—chronic anxiety—affecting millions worldwide today. One in six people in the West alone suffer from an anxiety-related illness. While scientists know that anxiety is a chemical imbalance in the brain, recent studies have linked this condition to sugar consumption and inflammation in the gut. In The Anti-Anxiety Diet, Wilson unravels the cutting-edge science linking sugar addiction, inflammation, and gut health to mental health. “If you have fire in the gut,” Sarah advises, “you have fire in the brain.” And sugar is the primary culprit. The Anti-Anxiety Diet is her simple, 2-week jumpstart

plan for eliminating sugar from your diet. Packed with delicious, easy-to-prepare recipes, 4-color photos, and detailed meal plans, it shows you how to replace the bad stuff (sugar) with the good stuff (whole, unprocessed foods), to soothe—and ultimately tame—the anxious beast. Lose up to a pound a day with more than 100 mouthwatering recipes for sugar-free meals, drinks, snacks, and desserts, based on the cravings-busting, fat-melting science from Zero Sugar Diet. With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continued his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explained why you can't lose weight—showing that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Now, with Zero Sugar Cookbook, Zinczenko shows how you, too, can melt away belly fat, boost your energy levels and metabolism, improve your gut health, and take control of your health. Inside you'll discover: Belly-Filling Breakfasts Enjoy quick and delicious morning meals to supercharge your day. Skinny Soups and Salads Slim down one taste at a time. Indulgent Pizza and Pasta Craft hearty Italian classics made healthier at home. All-American Classics Make your favorite go-to comfort foods—and watch the pounds melt away. 10-Minute Meals Whip up the quickest, easiest, tastiest meals for when you want something satisfying—fast. And Delicious Desserts! Cap your amazing meals with insanely decadent post-dinner delights. “I've lost 15 pounds thanks to Zero Sugar, and my friends and family have all lost weight. Easy and delicious, these recipes really work!”—Barbara Skarf, Southfield, Michigan “I lost 10 pounds and have a flatter tummy! And the best part is, I don't need sugar and I don't crave desserts.”—Lisa Gardner, Elgin, South Carolina “I have type 2 diabetes, and Zero Sugar changed my life!”—David Menkhaus, Liberty Township, Ohio

Provides meal plans, shopping lists, food swaps, and over 100 recipes to lower sugar intake and lose weight.

Top New York chef and restaurateur Matthew Kenney and his partner, Sarma Melngailis, had been thinking of opening a Moroccan restaurant. But one night they were invited to a raw food restaurant -- and it changed their lives. They instead opened Pure Food and Wine, a restaurant devoted to creative, tasty raw food, and it has been drawing rave reviews. Dishes such as Zucchini and Green Zebra Tomato Lasagne, Golden Squash Pasta with Black Summer Truffles, and Dark Chocolate Ganache Tart with Vanilla Cream have given raw food a sexy new appeal. The decision to go raw was shocking at first for these two ex-carnivorous chefs, but they soon found that preparing and eating raw food made them and their guests feel their physical best. Melngailis noticed a difference almost immediately -- "Light, clean, natural, and alive foods make you feel light, clean, and more alive. And sexy." This new way of life has changed their outlook on eating and cooking and connects them to the world around them. As Kenney says, "Raw foods and the lifestyle associated with it are so compelling and complex that we will be forever learning and growing. Already it seems that we have discovered some of the magic that life offers." In this lushly photographed book, Kenney and Melngailis share some of that magic -- and show that preparing and eating raw does not mean bland, unsatisfying, or impossibly time-consuming meals. Using dehydrating, Vita-Mix blending, a nuanced understanding of spices, and unprecedented creativity, they explore a whole new outlook on raw food that transfers beautifully and easily from their kitchen to yours -- no matter what your present diet. And you'll immediately begin to reap the benefits of healthful, delicious, life-giving raw food.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khloé Kardashian's *Revenge Body*--now revised with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khloé Kardashian. With *The Body Reset Diet*, he introduced his ultimate reset plan to the world, and rebooted readers' systems to set them on the

path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

About this book: In a world full of processed, sugar-laden cereals, it's easy to consume your entire day's quota of sugar before 8am. So we decided to change the way breakfast is done and give you clever, fun and tasty brekkie solutions for every day. Our Healthy Breakfast Cookbook is jam-packed with 45 quick and tasty sugar-free recipes that will keep you going past lunch. And to make sure it doesn't include a single added sweetener, we've turned breakfast into a savoury affair. Yep, not only is it possible to eat veggies for breakfast, but it's completely delicious too! Dig into:

- 45 recipes created and developed by a qualified nutritionist.
- 25+ inspiring foodie photos.
- Step-by-step recipe instructions.
- Handy substitution and allergy guides.

"Healthy" doesn't have to mean boring. With fun and quirky recipes like French Toast in a Mug, Chickpea Pancake Pizza and Bittersweet Savoury Yoghurt, this is a book of breakfast inspiration, education and motivation that will leave your friends and family begging for more! Chapters include:

1. Breakfast in 2 Minutes
2. Toasties and Toast Toppers
3. Breakfast Using Dinner's Leftovers
4. Fun Savoury Things
5. Cafe Favourites
6. Sunday Cook-ups

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.

From New York Times bestselling author of I Quit Sugar, comes a cookbook with more than 300 satisfying recipes that make giving up sugar simple, sustainable, and delicious. Sarah Wilson's sugar-free promise is more than just a way of eating. The benefits to overall wellbeing—fewer mood swings, improved sleep patterns, and maintaining weight control—have transformed the idea into a way of life. With her new cookbook filled with one-pan wonders, grain-free breakfasts, leftover makeovers, smoothie bowls, and more, Sarah shows us that eliminating sugar is not only doable, but is also so delicious. Recipes include: Bacon 'N' Egg Quinoa Oatmeal, Caramelized Leek, Apple and Rosemary Socca, Two-Minute Desk Noodles, Red Velvet Crunch Bowl, and

Chocolate Peanut Butter Crackles.

Eat Meals that Calm Your Thoughts and Stop Anxiety for Good! Your diet plays a dynamic role on mood, emotions and brain-signaling pathways. Since brain chemistry is complicated, The Anti-Anxiety Diet breaks down exactly what you need to know and how to achieve positive results. Integrative dietitian and food-as-medicine guru Ali Miller applies science-based functional medicine to create a system that addresses anxiety while applying a ketogenic low-carb approach. By adopting The Anti-Anxiety Diet, you will reduce inflammation, repair gut integrity and provide your body with necessary nutrients in abundance. This plan balances your hormones and stress chemicals to help you feel even-keeled and relaxed. The book provides quizzes as well as advanced lab and supplement recommendations to help you discover and address the root causes of your body's imbalances. The Anti-Anxiety Diet's healthy approach supports your brain signaling while satiating cravings. And it features 50 delicious recipes, including: • Sweet Potato Avocado Toast • Zesty Creamy Carrot Soup • Chai Panna Cotta • Matcha Green Smoothie • Carnitas Burrito Bowl • Curry Roasted Cauliflower • Seaweed Turkey Roll-Ups • Greek Deviled Eggs

"This highly engaging landmark work, a natural history of exercise--by the author of the best seller The Story of the Human Body--seeks to answer a fundamental question: were you born to run or rest The first three parts of Exercised roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

I Quit Sugar Your Complete 8-week Detox Program and Cookbook Clarkson Potter

"306 recipes for a clean, healthy life"--Cover.

The follow up to the runaway bestseller I Quit Sugar -- packed with delicious new sugar-free recipes, tips and motivation to help you kick the habit for life 'Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used to.' With her internationally bestselling book, I Quit Sugar, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In I Quit Sugar for Life, Sarah shows you how to be sugar-free for ever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: banish cravings by eating good fats and protein deal with lapses maximize nutrition with vegetables exercise less for better results detox safely make sustainable food choices cook sugar-free: 128 desserts, cakes, kids' stuff, comfort dinners, breakfasts and easy packed lunches I Quit Sugar for Life is not just about kicking a habit it; it's a complete wellness philosophy for your healthiest,

calmest, happiest self.

'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!

'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read....

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; debug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* is the fastest way to lose weight, prevent disease, and feel your best.

Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to ditch the guilt and show how to quit sugar without also quitting chocolate. Here, she's compiled fructose-free recipes for the family, individuals and our little people. Written with all the care and knowledge you have come to expect from Sarah and her I Quit Sugar team, this is the book that makes sweet meals and treats in a sugar-free world easier, more creative and tastier than ever.

Sarah Wilson taught the world to quit sugar in 8 weeks and then went onto teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to help mums and dads around the world to ease their kids off sugar. She's compiled densely nutritious meals with no or very low sugar that are designed to be delicious, exciting and satisfying for our little people. Written with all the care and knowledge you have come to expect from Australia's number one quit sugar team, this is the book that makes sugar-free cooking easier, less expensive and more creative.

Quit sugar. Change your life. Two years ago Nicole Mowbray gave up sugar and the effects were astonishing. It changed her life,

her body, her relationships, her face and her health. Now sugar is under fire and firmly in the dietary spotlight - the World Health Organisation have lowered the recommended daily intake and Britain's chief medical officer Dame Sally Davies has raised the idea that sugar may even be addictive. Nicole's book - part memoir, part guide - will help people to give up sugar. She interviews experts, including nutritionists, cardiologists, and psychologists, to back up the science and explore the link between sugar, validation and our emotions. Nicole shares with readers how she did it, why they should, what they can expect and how they can do it - with recipes, expert tips and help along the way. This book will tell you what to kick and what to keep and how not to fall into the secret sugar traps.

**NEW YORK TIMES BESTSELLER** • Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, NBC's health and wellness contributor and bestselling author of Zero Belly Diet, Zero Belly Smoothies, and Eat This, Not That! With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary new research that explains why you can't lose weight—and shows that it's not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to cold cuts to yogurt, peanut butter, pizza, and even “health” foods. Until now, there's been no way to tell how much added sugar you're eating—or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet, you'll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with essential ones—swapping in whole foods and fiber and swapping out added sugars—you'll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You'll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds Tara Anderson, 42, lost 10 pounds David Menkhaus, 62, lost 15 pounds Ricky Casados, 56, lost 12 pounds You, too, can melt away belly fat, boost your energy levels and metabolism, and take control of your health and your life, armed with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks' worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful Zero Sugar dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with Zero Sugar Diet! Praise for Zero Sugar Diet “Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention.”—The New York Times Book Review “A user-friendly guide [that provides] a wealth of helpful information and tools for those wishing to limit added sugars in their diet.”—Library Journal “This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent in donuts; ‘an open letter from your pancreas’) and will help readers rein in cravings and become savvy monitors of added sugar consumption.”—Publishers Weekly

'Quitting sugar is not a diet. Quitting sugar is a way of living without processed food and eating like our great-grandparents used

to.' With her internationally bestselling book, *I Quit Sugar*, Sarah Wilson helped tens of thousands of people around the world to kick the habit. In *I Quit Sugar for Life*, Sarah shows you how to be sugar-free for ever. Drawing on extensive research and her own tried and tested methods, Sarah has designed a programme to help families and individuals: \*banish cravings by eating good fats and protein \*deal with lapses \*maximize nutrition with vegetables \*exercise less for better results \*detox safely \*make sustainable food choices \*cook sugar-free: one hundred and forty-eight desserts, cakes, kids' stuff, comfort dinners, breakfasts and easy packed lunches *I Quit Sugar for Life* is not just about kicking a habit; it's a complete wellness philosophy for your healthiest, calmest, happiest self.

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.

A groundbreaking new program for improved wellness, more energy, sounder sleep, better-looking skin, and healthy weight loss—without counting calories! *Conquer Sugar Cravings in Three Short Weeks Sugar Free 3* is a revolutionary new plan based on the latest research and science. It's not a diet. It's not a detox. It's not a cleanse. It's a three-week program to reset your entire approach to food and eating. You'll discover why sugar makes you fat (and sick), where it's lurking, and how to live happier and healthier without it. As the former Editor-in-Chief of *Women's Health* and *Cosmopolitan*, Michele Promaulayko has spent the last decade at the forefront of the newest research about how sugar and artificial sweeteners affect your mind and body. What she discovered was that added sweeteners are at the center of every major and minor health crisis, from the ones you'd guess—like obesity, heart disease, and diabetes—to the ones that might surprise you, like acne, bad moods, digestion, and sleep loss. Giving up these “added sugars” can lead to weight loss and decreased diabetes risk, sure, but also better skin, better moods, and thicker

hair. Even if your baseline is “I feel OK,” you don’t know how much better you could be feeling once off the sweet stuff. Within just days, Sugar Free 3 users began to see and feel results: smoother, glowing skin, greater energy and clarity of thought, improved mood, better digestion and less bloat, better sleep, and significant weight loss—up to 7 pounds in the first week! “Michele has created a plan that’s easy, effective, and for everyone. In just days, you’ll feel better and look better than you ever have before!” says David Zinczenko, founder of Eat This, Not That!

**5 THINGS YOU NEED TO KNOW**

1. It’s Simple and it’s Doable So You Will Stick with It!
2. You’ll Never Feel Hungry!
3. Carbs Are Allowed!
4. No Calorie Counting—Ever!
5. You Don’t Have to Exercise!

As a result, Sugar Free 3 helped people lose 5, 10, 15 pounds or more and feel happier and healthier than ever before. Now’s your chance! Inside, You’ll Discover: Delicious Recipes for Breakfast, Lunch, Dinner, and Snacks Secrets for Crushing Cravings and Weight-Loss Tips A Guide to Dining Out—and Ordering In Inspiring Testimonials from Real-Life Success Stories As a bonus, readers will enjoy onboarding to Openfit, the digital streaming platform that provides more recipes, tons of additional content and advice, a meal-planning app, Vlog, hundreds of workouts, and mindfulness and visualization videos. Sugar Free 3 is the ideal program for anyone who wants better health, endless energy, and lasting weight loss—without counting calories!

An important, hopeful book that looks at the urgent problem of childhood malnutrition worldwide and the revolutionary progress being made to end it. A healthy Earth requires healthy children. Yet nearly one-fourth of the world’s children are stunted physically and mentally due to a lack of food or nutrients. These children do not die but endure a lifetime of diminished potential. During the past thirty years, says Sharman Russell, we have seen a revolution in how we treat these sick children and in how—with a new understanding of the human body and approach to nutrition, and new ways to reach out to hungry mothers and babies—we have gone from unwittingly killing severely malnourished children to bringing them back to health through the “miracle” of ready-to-eat therapeutic food. Intertwined with stories of scientists and nutrition experts on the front lines of finding ways to end malnutrition for good, Russell writes of her travels to Malawi, one of the poorest and least-developed countries in the world and also the site of pathbreaking, cutting-edge research into childhood malnutrition. (Eighty percent of Malawians are farmers subsisting on less than an acre of land and coping with erratic weather patterns due to global warming; fifty percent live below the poverty line; and forty-two percent of Malawi’s children are affected by a lack of food or nutrients.) As she writes of her personal exploration of new friendships and insights in a country known as “the warm heart of Africa,” Russell describes the programs that are working best to reduce childhood stunting and explores how malnutrition in children is connected to climate change, how vitamins and minerals are preventing these harmful effects, why the empowerment of women is the single most effective factor in eliminating childhood malnutrition, and what the costs of ending childhood malnutrition are. Sharman Russell, much-admired writer of luminous prose and humane heart, whose writing has been called, “elegant” (*The Economist*) and “extraordinarily well-crafted, far-reaching, and heart-wrenching” (*Booklist*), winner of the John Burroughs Medal for distinguished natural history writing, has written an illuminating, inspiring book that makes clear the promise of what is today, gratefully, within our grasp.

"I know so many people who have turned their lives around after reading Allen Carr's books." -Sir Richard Branson People are

now so hooked on sugar that it's become the number one threat to health in the modern world. This book helps explain the truth about bad sugar and introduces a proven method to cut it out of your diet entirely. Once you free yourself from addiction, you'll feel happier and healthier, and you'll be able to choose the weight you want to be for the rest of your life. Allen Carr's Easyway is the most successful stop smoking method of all time. It works by unravelling the brainwashing that leads us to desire the very thing that is harming us, and it has now been applied to other areas. The Easy Way to Quit Sugar tackles the biggest dietary threat to the modern world: addiction to refined sugar and processed carbohydrates. With the brilliant additional writing skills and illustrations of Bev Aisbett, you'll free yourself of addiction and enjoy better health, higher levels of energy, dramatically improved body shape and a happier, healthier lifestyle.

It is common knowledge that sugar makes kids hyperactive, mood swings, and contributes to the childhood obesity epidemic. More and more studies are demonstrating its negative health effects on adults and children alike. Cutting sugar at an early age can help set your children up for a healthy adulthood and bestselling low-carb author Maria Emmerich is here to teach you how. Emmerich is raising two boys on a diet free from processed sugars and centered around healthy protein and fat, and she's seen firsthand how kids can thrive when they eat this way! Sugar-Free Kids arms busy parents with a wide array of sugar-free recipes that children will love. Not only does Maria keep kids' picky palates in mind, focusing on familiar flavors and dishes, but she also recognizes that today's families are strapped for time. The 150 recipes in this cookbook use readily available ingredients and are easy to prepare; in fact, kids can make many of these dishes themselves! From graham crackers and gummy bears to chicken nuggets, tacos, and pizza, moms and dads will find just about every food their children crave, without the sugar and processed carbs that make their brains foggy and can lead to health issues later in life. Maria also offers substitutions for kids who avoid dairy, eggs, and/or nuts and even provides a selection of vegetarian recipes. Sample recipes include: Strawberry Breakfast Parfait Chocolate Minute Muffins Pigs in a Blanket Touchdown Tacos Crispy Baked Ravioli Pizza Dog Casserole Sweet 'n' Sour Chicken Wings Just Like Oreo Cookie Sandwiches No-Churn Blue Moon Ice Cream

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.

With a foreword by Ree Drummond, this beautiful book has 100 easier, faster, lightened-up Southern recipes, from the blogger behind the popular Add a Pinch website. A generation ago, home cooks may have had all day to prepare dinner, but most folks now want convenient, fast recipes that don't rely on canned soups or other processed products. Here, fresh ingredients take center stage in slow cooker meals, casseroles and one-dish suppers, salads, soups, and desserts that have deep, satisfying flavors but are a cinch to make. Smart swaps like Greek yogurt for mayo in pimento cheese and cauliflower "rice" put a modern

spin on these dishes. With 75 color photographs and lots of sidebars, this is the new Southern cooking handbook. For fans of the New York Times bestseller *I Quit Sugar* or Katie Couric's controversial food industry documentary *Fed Up*, *A Year of No Sugar* is a "delightfully readable account of how [one family] survived a yearlong sugar-free diet and lived to tell the tale...A funny, intelligent, and informative memoir." —Kirkus It's dinnertime. Do you know where your sugar is coming from? Most likely everywhere. Sure, it's in ice cream and cookies, but what scared Eve O. Schaub was the secret world of sugar—hidden in bacon, crackers, salad dressing, pasta sauce, chicken broth, and baby food. With her eyes opened by the work of obesity expert Dr. Robert Lustig and others, Eve challenged her husband and two school-age daughters to join her on a quest to quit sugar for an entire year. Along the way, Eve uncovered the real costs of our sugar-heavy American diet—including diabetes, obesity, and increased incidences of health problems such as heart disease and cancer. The stories, tips, and recipes she shares throw fresh light on questionable nutritional advice we've been following for years and show that it is possible to eat at restaurants and go grocery shopping—with less and even no added sugar. *Year of No Sugar* is what the conversation about "kicking the sugar addiction" looks like for a real American family—a roller coaster of unexpected discoveries and challenges. "As an outspoken advocate for healthy eating, I found Schaub's book to shine a much-needed spotlight on an aspect of American culture that is making us sick, fat, and unhappy, and it does so with wit and warmth."—Suvir Sara, author of *Indian Home Cooking* "Delicious and compelling, her book is just about the best sugar substitute I've ever encountered."—Pulitzer Prize-winning author Ron Powers Health and convenience don't have to be mutually exclusive when cooking for the family. Feed your family quickly and nutritiously, whether you're cooking up a storm on a Sunday or enjoying some easy mid-week meals. Sarah Wilson and her IQS team taught the world to quit sugar in eight weeks and then went on to teach everyone how to cook delicious essentials, simply. Sarah incorporates her mindful, sustainable and economical practices to show how to feed your family on any night of the week in a simple, healthy way. Here, she's compiled tasty sugar-free recipes for the whole family to enjoy. In *I Quit Sugar: Fast Family Meals*, Sarah and her team share:- how to feed the family for less than \$5 per serve- ideas for Friday fun food for kids and adults- fast family fixes and easy weekday dinners- how to cook a Sunday roast and divide up the leftovers- that you don't have to feel guilty about indulging in some after-dinner treats! Written with all the care and expertise you have come to expect from the *I Quit Sugar* team, this is the book that makes healthy family meals and one-pot wonders in a sugar-free lifestyle easier, more affordable and more delicious.

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. Dramatically cutting down on sugars in your diet and creating more sugar free recipes will improve healthy generally. 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. This low sugar

cookbook is packed with recipes on a sugar smart diet. It is a complete guide discussing how to identify sugars and carbs in your everyday diet and how to remove them. There is information and low carb low sugar recipes, charts and statistics as well as 52 sugar smart recipes to tempt your taste buds. There are no sugar recipes, as processed sugar is the worst offender. This book will teach you how to read food nutrition labels so you can make informed decisions about the foods you eat. For anyone living with diabetes or other sugar related allergies, this low sugar low carb book will help you understand why certain foods are a problem, and which ones to avoid. Fructose will be discussed as well as high and low sugar fruits and vegetables.

In a world that often asks us to consider the things that can separate us...whether that is race, politics or ethnicity...A Peace of My Mind explores the common humanity that unites us. "A Peace of My Mind" is a 120-page book that features the b&w portraits and personal stories of 55 individuals who answer the simple question, "What does peace mean to you?" Since 2009, Noltner has photographed and interviewed Holocaust survivors, refugees, political leaders, artists, homeless individuals, and others, asking them to reveal what peace means to them, how they work towards it in their lives and what obstacles they encounter along the way. The result is a stunning and heart-felt collection that acknowledges the challenges we face as a society, yet builds hope through the inspiring stories of people committed to peaceful tomorrows. New in paperback 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 306 recipes - from 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.

Embrace a sugar-free summer with these super hydrating, nourishing and refreshing smoothies!With more than 60 recipes to choose from, these whole, natural smoothies are packed with veggies, a little fruit and plenty of healthy fats and protein. Their simplicity also means you can nourish your body with maximum flavour and minimum fuss - even when you need to grab breakfast on the go! Master the art of delicious smoothie toppers, blitz lush smoothie bowls and create show-stopping whips to impress your friends and family.

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"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of The Subtle Art of Not Giving a F\*ck Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of IQuitSugar.com, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of Cosmopolitan, she was the host of the first series of MasterChef Australia and is the author of the international bestsellers first, we make the beast beautiful, I

Quit Sugar: Simplicious, I Quit Sugar and I Quit Sugar For Life. Her latest book is I Quit Sugar: Simplicious Flow. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In first, we make the beast beautiful, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom ..." Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of The Noonday Demon: An Anatomy of Depression

A companion to Add More ~Ing to Your Life chronicles the author's spiritual journey through low self-esteem and drug abuse to counsel readers on how to overcome personal fears and achieve greater fulfillment, providing a range of positive affirmations, physical activities and meditations.

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