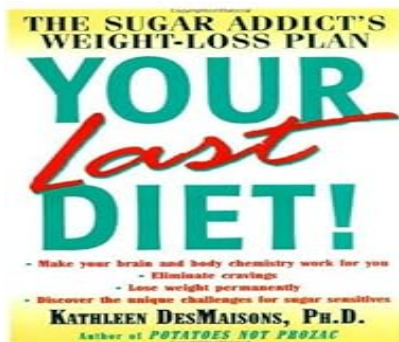


Your Last Diet!: The Sugar Addict's Weight-Loss Plan By Kathleen DesMaisons **Losing weight for the last time book** Inside you'll discover how to • Increase serotonin and beta-endorphin levels for appetite and mood control • Feel more confident energetic and clear-minded • Lose weight steadily-without rebounding • Adjust eating habits for maximum health Filled with testimonials from people who have followed the plan lost weight and kept it off Your Last Diet! is a powerful inspiration to all who have struggled with sugar addiction and weight issues:

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From the bestselling author of Potatoes Not Prozac-this is the first diet plan specifically designed for people who are sugar sensitive: **Losing weight for the last time book** If you've tried every diet under the sun only to watch your weight boomerang take heart: **Healthy at last book** You may have been born with a biochemistry that makes you more vulnerable to becoming addicted to sugar. **Diet for life book** The first weight-loss program of its kind Your Last Diet! pinpoints what you can do to heal your sugar sensitivity once and for all-and lose weight permanently in the process. **The last diet book** This will truly be your last diet! Your Last Diet!: The Sugar Addict's Weight-Loss PlanThe idea of stabilizing serotonin levels with food really appealed to me: **The last diet book standing** This is a great read for peeps who are sugar sensitive and find themselves floating towards excessive sugar fixes even against their best intentions: **Boxers last week in training diet** Well we'll see won't we?I read DesMaisons' The Sugar Addict's Total Recovery Program and really identified with it, **Diet for life book** This is her (maybe third?) book on the same subject and I'm going to give it a shot, **How long should a diet last** Your Last Diet!: The Sugar Addict's Weight-Loss Plan (found read date in diary) worked wonders Your Last Diet!: The Sugar Addict's Weight-Loss Plan



. Your Last Diet!: The Sugar Addict's Weight-Loss Plan Yeah