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Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It

Jeff O'Connell

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THIS BOOK COULD SAVE YOUR LIFE

-Every five seconds, one more person develops diabetes.
-Worldwide, 285 million people are affected by type 2 diabetes.
-Many of them have no idea.

Here is the personal story of one man who has unearthed the mysteries of this global epidemic and offers hard-won practical advice for how readers can take control of their lives and combat this deadly disease.

"*Sugar Nation* is a must-read! As a fitness expert myself, who has dealt with family diabetes and coaching families on how to limit their sugar intake, this book is a fundamental tool in educating the world on just how dangerous dietary sugar can be. Jeff O'Connell's direct yet user-friendly approach to this important and overlooked subject is more than refreshing. All will benefit from picking this book up."
--Jennifer Nicole Lee, author of *The Jennifer Nicole Lee Fitness Model Diet*

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From reader reviews:

Helen Palmer:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It it is very good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not very costly but this book has high quality.

Ricky Hayes:

People live in this new day time of lifestyle always try and and must have the spare time or they will get lots of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the book you have read is actually Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It.

Bruce Brown:

As we know that book is very important thing to add our expertise for everything. By a book we can know everything we want. A book is a set of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This book Sugar Nation: The Hidden Truth Behind America's Deadliest Habit and the Simple Way to Beat It was filled about science. Spend your time to add your knowledge about your science competence. Some people has different feel when they reading any book. If you know how big advantage of a book, you can experience enjoy to read a e-book. In the modern era like today, many ways to get book that you wanted.

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