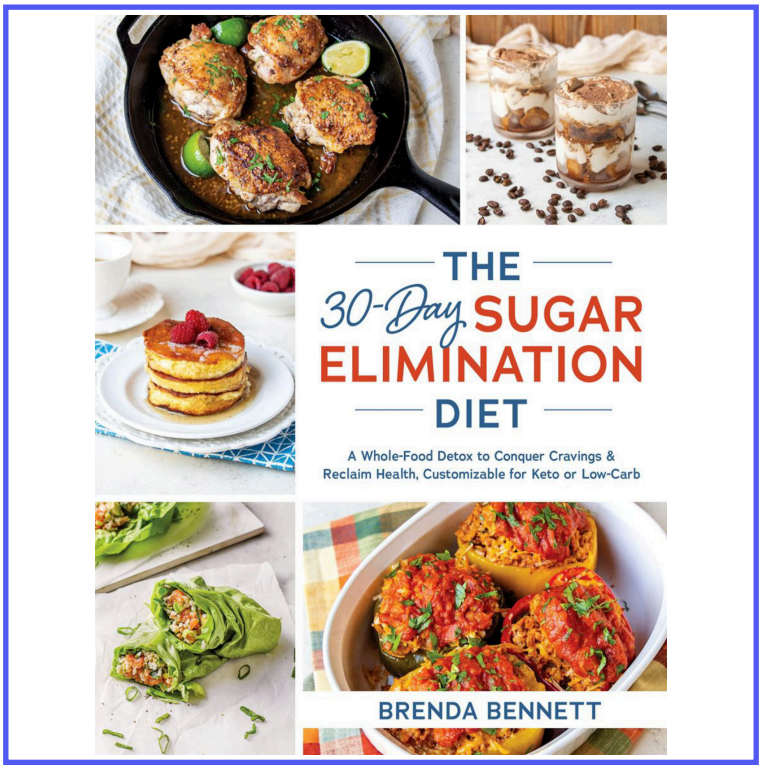


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Author photos by Shawon Davis

Printed in Canada
TC 0122

This book is dedicated to you, the reader—the one who has struggled for years with a compulsion for eating sugar and refined carbs and an inability to break free from its hold. I am here rooting for you.

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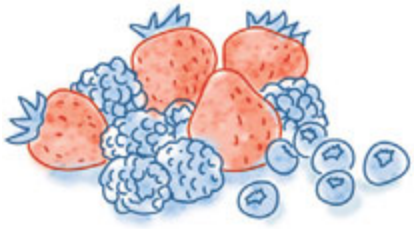
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