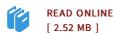




Got Sugar? Philosophy of a Sweet Tooth: Comprehensive Lifestyle Guide for All of Life s Delicious Journeys

By Debbie Markham

Createspace, United States, 2010. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Debbie Markham has been known as Sugar D, Sugar Mamma and Got Sugar Girl among other nicknames relating to her sweet tooth. After years of hounding from her mom about how bad sugar is, she decided to research the effects of sugar on the body and document her findings with her personal philosophy and lifestyle including sweets. Debbie has learned how to balance raising a family, staying fit, and eating the sweets she really enjoys. Even through the ups and downs of divorce and becoming a single working mom, Debbie has jogged her way to the light at the end of the tunnel. She is living proof that positive habits can help achieve financial freedom, independence and happiness. Debbie writes about her lifestyle of embracing sweet things that come her way, doing what she loves to do, taking risks to enrich her experience here on planet earth. She hopes her book will show you that you too can do what you love, be healthy, happy, successful and create a life you want. You CAN eat sugar and stay...



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