



# OMG I Would Die Without Chocolate - How I Quit Sugar and Didn't Kill Anyone.

*Ellen Parker*

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Two years ago I quit sugar and my life has never been better.

There are loads of 'sugar free diet' books available right now, but precious few that give you a blow-by-blow account of what happens when you cut sugar from your diet. And believe me, LOTS happens!

This is a personal story (cut through with some good information on going sugar free) about what happened to me, my body, my mood, my family when I started my sugar free diet.

If you're considering taking the big step of cutting sugar from your diet and you want to know what you're in for, then this is the book for you. If you want detailed, scientific information on the nutritional benefits of a sugar free life, go look elsewhere. If you want a 12 step plan, go buy a different book.

This is one woman's struggle with her sugar addiction and her waistline, and her determination to become healthier without going insane (from lack of chocolate.)

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### **From reader reviews:**

#### **Marie Gambino:**

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled OMG I Would Die Without Chocolate - How I Quit Sugar and Didn't Kill Anyone. can be very good book to read. May be it may be best activity to you.

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#### **Teresa Vanhook:**

As a student exactly feel bored to reading. If their teacher requested them to go to the library or to make summary for some publication, they are complained. Just little students that has reading's internal or real their pastime. They just do what the educator want, like asked to go to the library. They go to right now there but nothing reading significantly. Any students feel that reading is not important, boring and also can't see colorful images on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this OMG I Would Die Without Chocolate - How I Quit Sugar and Didn't Kill

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