

Desserts Addict

AS RECOGNIZED, ADVENTURE AS CAPABLY AS EXPERIENCE NEARLY LESSON, AMUSEMENT, AS WITHOUT DIFFICULTY AS DEAL CAN BE GOTTEN BY JUST CHECKING OUT A EBOOK **DESSERTS ADDICT** THEN IT IS NOT DIRECTLY DONE, YOU COULD BELIEVE EVEN MORE NOT FAR OFF FROM THIS LIFE, AS REGARDS THE WORLD.

WE HAVE ENOUGH MONEY YOU THIS PROPER AS WITHOUT DIFFICULTY AS EASY SHOWING OFF TO ACQUIRE THOSE ALL. WE OFFER DESSERTS ADDICT AND NUMEROUS BOOK COLLECTIONS FROM FICTIONS TO SCIENTIFIC RESEARCH IN ANY WAY. IN THE MIDDLE OF THEM IS THIS DESSERTS ADDICT THAT CAN BE YOUR PARTNER.

WHY DIETS FAIL (BECAUSE YOU'RE ADDICTED TO SUGAR) NICOLE M. AVENA, PHD 2013-12-31 THIS REVOLUTIONARY EATING PLAN REVEALS DEFINITIVE PROOF THAT SUGAR IS ADDICTIVE, AND PRESENTS THE FIRST SCIENCE-BASED PROGRAM TO CUT OUT THE SUGAR, STOP THE CRAVINGS THAT CAUSE MOST DIETS TO EVENTUALLY FAIL, AND LOSE WEIGHT--PERMANENTLY. IF YOU'RE LIKE MOST PEOPLE, YOU'VE TRIED A FEW (OR MAYBE MANY) DIFFERENT DIETS WITHOUT SUCCESS. THE TRUTH IS, MOST DIETS WORK FOR A WHILE, BUT THERE'S USUALLY A POINT AT WHICH THE DIETARY RESTRICTIONS BECOME TOO DIFFICULT TO MAINTAIN. WHY? BECAUSE WHETHER YOU'RE FOLLOWING A LOW-CARB, PALEO, GLUTEN-FREE, OR EVEN AN ALL-LIQUID GREEN JUICE DIET, THE ADDICTIVE NATURE OF SUGAR CAUSES CRAVINGS TO TAKE OVER AND SABOTAGE YOUR DIET-OF-THE-MOMENT. IN *WHY DIETS FAIL*, DR. NICOLE M. AVENA AND JOHN R. TALBOTT REVEAL DEFINITIVE PROOF THAT SUGAR IS ADDICTIVE AND PRESENT THE FIRST SCIENCE-BASED PROGRAM TO STOP THE CRAVINGS AND LOSE WEIGHT—PERMANENTLY. A NEUROSCIENTIST AND FOOD ADDICTION EXPERT, DR. AVENA HAS CONDUCTED GROUNDBREAKING RESEARCH SHOWING THAT SUGAR TRIGGERS THE SAME RESPONSES IN THE BRAIN AS ADDICTIVE DRUGS LIKE COCAINE, NICOTINE, AND ALCOHOL. AND LIKE THOSE OTHER SUBSTANCES, THE MORE SUGAR YOU EAT, THE MORE YOU NEED TO GET THE SAME PLEASURABLE FEELINGS. (NO WONDER YOUR LAST DIET DIDN'T STICK.) AVENA AND TALBOTT'S EIGHT-STEP PLAN WALKS YOU THROUGH THE PROCESS OF GOING SUGAR-FREE AND SURVIVING THE MAKE-OR-BREAK WITHDRAWAL PERIOD—THOSE FIRST FEW WEEKS WHEN YOUR BODY FEELS THE ABSENCE OF ITS FAVORITE SWEETENER MOST ACUTELY. AN EASY-TO-USE SUGAR EQUIVALENCY TABLE DEVELOPED BY TALBOTT LISTS THE AMOUNT OF SUGAR IN HUNDREDS OF COMMON FOODS SO YOU KNOW PRECISELY WHAT TO EAT AND WHAT TO AVOID. AND WHEN IT COMES TO WHAT YOU CAN EAT, YOU HAVE A LOT TO CHOOSE FROM. IN FACT, YOU'LL PROBABLY EAT MORE ON THIS DIET THAN YOU NORMALLY DO—WHILE CONTINUING TO LOSE WEIGHT. THIS SCIENCE-BASED PROGRAM IS THE DIET TO END ALL DIETS. IT WILL HELP YOU BREAK THE YO-YO DIETING CYCLE, END THOSE MADDENING SUGAR CRAVINGS, AND DEVELOP A NEW LONGING FOR THE GOOD FOOD THAT WILL KEEP YOU FIT, HEALTHY, AND HAPPY.

ADDICTION JON ELSTER 1999-10-28 ADDICTION FOCUSES ON THE EMERGENCE, NATURE, AND PERSISTENCE OF ADDICTIVE BEHAVIOR, AS WELL AS THE EFFORTS OF ADDICTS TO OVERCOME THEIR CONDITION. DO ADDICTS ACT OF THEIR OWN FREE WILL, OR ARE THEY DRIVEN BY FORCES BEYOND THEIR CONTROL? DO STRUCTURED TREATMENT PROGRAMS OFFER MORE HOPE FOR RECOVERY? WHAT CAUSES RELAPSES TO OCCUR? RECENT SCHOLARSHIP HAS FOCUSED ATTENTION ON THE VOLUNTARY ASPECTS OF ADDICTION, PARTICULARLY THE ROLE PLAYED BY CHOICE. ADDICTION DRAWS UPON THIS NEW RESEARCH AND THE INVESTIGATIONS OF ECONOMISTS, PSYCHIATRISTS, PHILOSOPHERS, NEUROPHARMACOLOGISTS, HISTORIANS, AND SOCIOLOGISTS TO OFFER AN IMPORTANT NEW APPROACH TO OUR UNDERSTANDING OF ADDICTIVE BEHAVIOR. THE NOTION THAT ADDICTS FAVOR PRESENT REWARDS OVER FUTURE GAINS OR PENALTIES ECHOES THROUGHOUT THE CHAPTERS IN ADDICTION. THE EFFECT OF CULTURAL VALUES AND BELIEFS ON ADDICTS, AND ON THOSE WHO TREAT THEM, IS ALSO EXPLORED, PARTICULARLY IN CHAPTERS BY ELSTER ON ALCOHOLISM AND BY ACKER ON AMERICAN HEROIN ADDICTS IN THE 1920S AND 1930S. ESSAYS BY GARDNER AND BY WAAL AND M²RLAND DISCUSS THE NEUROBIOLOGICAL ROOTS OF ADDICTION AMONG THEIR FINDINGS ARE EVIDENCE THAT ADDICTIVE DRUGS ALSO HAVE AN IMPORTANT EFFECT ON AREAS OF THE CENTRAL NERVOUS SYSTEM UNRELATED TO EUPHORIA OR DYSPHORIA, AND THAT TOLERANCE AND WITHDRAWAL PHENOMENA VARY GREATLY FROM DRUG TO DRUG. THE PLIGHT OF ADDICTS STRUGGLING TO REGAIN CONTROL OF THEIR LIVES RECEIVES IMPORTANT CONSIDERATION IN ADDICTION. ELSTER, SKOG, AND O'DONOGHUE AND RABIN LOOK AT SELF-ADMINISTERED THERAPIES RANGING FROM BEHAVIORAL MODIFICATIONS TO COGNITIVE TECHNIQUES, AND DISCUSS CONDITIONS UNDER WHICH VARIOUS TREATMENT STRATEGIES WORK. DRUG-BASED FORMS OF TREATMENT ARE DISCUSSED BY GARDNER, DRAWING ON WORK THAT SUGGESTS THAT PARTS OF THE POPULATION HAVE LOW LEVELS OF DOPAMINE, INDUCING A TENDENCY TOWARD SENSATION-SEEKING. THERE ARE MANY DIFFERENT EXPLANATIONS FOR THE IMPULSIVE, SELF-DESTRUCTIVE BEHAVIOR THAT IS ADDICTION. BY BRINGING THE TRIPLE PERSPECTIVE OF NEUROBIOLOGY, CHOICE, AND CULTURE TO BEAR ON THE PHENOMENON, ADDICTION OFFERS A UNIQUE AND VALUABLE SOURCE OF INFORMATION AND DEBATE ON A PROBLEM OF WORLD-WIDE PROPORTIONS.

SALLY'S BAKING ADDICTION SALLY MCKENNEY 2016-11-09 COLLECTS MORE THAN SEVENTY-FIVE RECIPES FOR BAKED GOODS AND DESSERTS, INCLUDING BREADS, MUFFINS, CAKES, PIES, AND COOKIES, WITH A CHAPTER OF VEGAN AND GLUTEN-FREE DESSERT OPTIONS.

FREEDOM FROM OBESITY AND SUGAR ADDICTION MARTHA L. PEKAREK 2006-11-01 AFTER MORE THAN FORTY YEARS OF DIETING, AUTHOR MARTHA PEKAREK SOLVED HER OBESITY PROBLEMS BY ENDING HER SUGAR ADDICTION AND LOSING THE FINAL SEVENTY POUNDS! MARTHA PEKAREK HAS A LIFETIME INTEREST IN HOLISTIC HEALTH AND NUTRITION AND HOLDS A BA IN BIOLOGY FROM HAYWARD STATE UNIVERSITY IN CALIFORNIA. SHE USES EASY-TO-UNDERSTAND LANGUAGE TO EXPLAIN THE OBESITY DILEMMA AND OFFERS SIMPLE SOLUTIONS TO HELP YOU CONQUER YOUR SUGAR ADDICTION AND LOSE THE EXCESS FAT. YOU CANNOT READ THIS BOOK WITHOUT ASKING YOURSELF IF YOU'RE WILLING TO TAKE CHARGE OF YOUR DESTINY AND TAKE A FINAL, RADICAL STEP TOWARD TOTAL FREEDOM FROM SUGAR ADDICTION. IF YOU ARE A SUGAR ADDICT, THIS BOOK IS WRITTEN FOR YOU. YOU CAN LITERALLY CHANGE YOUR BODY CHEMISTRY, END YOUR SUGAR CRAVINGS, AND BURN FAT BY DEVELOPING HEALTHY HABITS.

LOVING AN ADDICT, LOVING YOURSELF CANDACE PLATTOR 2016-10-28 ARE YOU FEELING EXASPERATED AND HELPLESS ABOUT YOUR FAMILY MEMBER'S ADDICTION? ARE YOU AT YOUR WIT'S END, HAVING TRIED EVERYTHING YOU CAN THINK OF TO MAKE THEM STOP? IF SOMEONE YOU LOVE IS ENGAGING IN ADDICTIVE BEHAVIORS SUCH AS ALCOHOL AND DRUG MISUSE, EATING DISORDERS, SMOKING, GAMBLING, INTERNET ADDICTION, SEX ADDICTION, COMPULSIVE OVERSPENDING, OR RELATIONSHIP ADDICTION, YOU ARE UNDOUBTEDLY EXPERIENCING UNPREDICTABILITY IN YOUR RELATIONSHIP. SOME OF THE MOST COMMON EMOTIONS YOU WILL EXPERIENCE INCLUDE: - GUILT AND SHAME - ANGER AND ANXIETY - CONFUSION AND POWERLESSNESS WHETHER THE ADDICT IN YOUR LIFE IS YOUR SPOUSE, PARTNER, PARENT, CHILD, FRIEND, OR COLLEAGUE, THE KEY TO CHANGING THIS REALITY FOR YOURSELF LIES IN SHIFTING YOUR FOCUS FROM YOUR LOVED ONE'S ADDICTION TO YOUR OWN SELF-CARE. THIS BOOK PRESENTS A DRAMATICALLY FRESH APPROACH TO HELP YOU GET OFF THE ROLLER-COASTER CHAOS OF ADDICTION, MAINTAIN YOUR OWN SANITY AND SERENITY, AND LIVE YOUR BEST LIFE.

ENERGY ADDICT JON GORDON 2004-09-07 WE ARE OVERSTRESSED, OVERWORKED AND OVERTIRED - AND THINGS AREN'T GETTING ANY EASIER. THE DAYS ARE GETTING SHORTER WHILE OUR TO-DO LISTS ARE GETTING LONGER. THE PACE OF LIFE GETS FASTER AND THE DEMANDS INCREASE. WE ATTEMPT TO FIGHT BACK WITH CAFFEINATED DRINKS AND CANDY BARS HOPING TO GET IT ALL DONE BEFORE WE CRASH. THIS IS FALSE ENERGY...BUT JON GORDON GIVES US THE REAL THING. GORDON ENCOURAGES US TO BECOME ENERGY ADDICTS USING A FEW OR ALL OF THE SIMPLE, EFFECTIVE PHYSICAL, MENTAL, AND SPIRITUAL STRATEGIES IN THIS BOOK, INCLUDING: EAT EARLY AND WELL, HYDRATE, EXERCISE, NAP, CONNECT WITH NATURE NEUTRALIZE ENERGY VAMPIRES, MASTER THE FLOW OF MONEY, EMBRACE THE ENERGY OF SILENCE CONNECT (WITH OTHERS AND YOURSELF), LEAD WITH YOUR HEART, LEARN TO LOVE AND CHALLENGE LIFE PRACTICAL, COMMON-SENSE, SOMETIMES COUNTERINTUITIVE, JON GORDON SHOWS HOW WE CAN BECOME ADDICTED TO POSITIVE ENERGY AND HABITS, MAKING SMALL CHANGES IN OUR LIVES THAT WILL PRODUCE BIG RESULTS.

THE CARBOHYDRATE ADDICT'S HEALTHY HEART PROGRAM RICHARD FERDINAND HELLER 2000 A GUIDE TO THE LOW-CARBOHYDRATE DIET OFFERS ADVICE ON HOW TO STAVE OFF HEART DISEASE, REDUCE BLOOD PRESSURE AND BLOOD FATS, LOSE WEIGHT, AND PROMOTE A LONG AND HEALTHY LIFE BY REDUCING THE BODY'S DEPENDENCE ON INSULIN. REPRINT.

PALEO DESSERTS - SUGAR DETOX EMMA ROSE 2015-08-19 PALEO DESSERTS: SATISFY YOUR SWEET TOOTH WITH OVER 100 QUICK AND EASY PALEO DESSERT RECIPES AND PALEO BAKING RECIPES: GLUTEN FREE DESSERTS, GLUTEN FREE BAKING UPDATE: NEW BONUS RECIPES ADDED! DELICIOUS SWEETS WITHOUT THE GUILT DELICIOUS SWEETS LIKE CAKE, CANDY, CHOCOLATE AND ICE CREAM ARE HARD TO RESIST AND, AT THE SAME TIME, DISASTROUS TO OUR WAISTLINE. WHY ARE THE FOODS THAT TASTE SO DIVINE ALSO FORBIDDEN WHEN IT COMES TO OPTIMAL HEALTH? YOU CAN'T RESIST THE SWEETNESS AND THE GOODNESS OF THOSE MOUTH-WATERING DELICIOUS DESSERTS AND YET, YOU DON'T WANT THE POSSIBILITY OF ACQUIRING THE SIDE EFFECTS BECAUSE OF THEM. PERHAPS YOU ARE ON A SUGAR DETOX AND YOU NEED ALTERNATE IDEAS FOR DESSERT WITHOUT ALL THE REFINED SUGAR. RECONCILE GREAT DESSERTS AND GREAT HEALTH WITH PALEO DESSERTS! THERE ARE 100 TASTY AND EASY TO MAKE HEALTHY DESSERTS IN THIS BOOK. HAVE YOUR CAKE (PLUS OTHER DELECTABLE SWEETS) AND EAT IT TOO, WITHOUT WORRIES! THERE'S NO NEED TO DEPRIVE YOURSELF OF DELICIOUS DESSERTS AND TREATS. INSTEAD, YOU NEED TO GET CREATIVE AND EXPLORE ALTERNATE WAYS TO SATISFY YOUR SWEET TOOTH. PREPARE THESE DELECTABLE DESSERTS THAT WOULD IMPRESS YOUR FAMILY AND FRIENDS. THE KIDS CAN HAVE FUN TOO WITH EASY TO DO RECIPES THAT ALLOW THEM TO DESIGN OR MAKE THEIR OWN DESSERTS! HERE IS A PREVIEW OF WHAT YOU'LL LEARN... BRIEF HISTORY OF PALEO CHOCOLATEST DESSERTS - NO BAKE DRINKS FOR DESSERTS - SMOOTHIES AND SHAKES BAKED CHOCOLATE GOODNESS KIDS AT WORK - PALEO DESSERT RECIPES THEY CAN MAKE OTHER GOODIES FOR YOU SUGAR DETOX: ACHIEVE OPTIMAL HEALTH, FEEL ENERGIZED AND ELIMINATE SUGAR CRAVINGS NATURALLY LEARN HOW TO GET RID OF YOUR SUGAR ADDICTION WITHIN 21 DAYS NOW! BECAUSE OF THE WAY FOOD IS PROCESSED NOWADAYS, MOST PEOPLE DON'T KNOW THAT ALMOST EVERYTHING THEY EAT HAS LOTS OF SUGAR IN IT. AND WITH

SUGAR BEING DISCOVERED AS THE REAL CAUSE OF OBESITY, HEART DISEASE AND OTHER ILLNESSES, THIS IS A VERY BAD THING. SUGAR IS A SWEET POISON WREAKING HAVOC IN OUR BODY. AN ADDICTION TO SUGAR HAS SCIENTIFICALLY BEEN COMPARED TO A COCAINE ADDICTION! UNDERSTAND SUGAR ADDICTION, ITS SYMPTOMS AND THE DETRIMENTAL HEALTH EFFECTS IT HAS. KNOW EXACTLY WHAT SUGAR DOES TO YOUR BRAIN AND BODY. AND MOST IMPORTANTLY, KNOW HOW EXACTLY YOU CAN KICK YOUR SUGAR ADDICTION GOODBYE! HERE IS A PREVIEW OF WHAT YOU'LL LEARN... THE PROBLEM WITH TOO MUCH SUGAR... HOW DO YOU KNOW YOU'RE ADDICTED TO SUGAR? WHY? HOW DO YOU GET ADDICTED? HOW TO START DETOX? SOME SUGAR-FREE RECIPES DOWNLOAD YOUR COPY TODAY!

NO-BAKE VEGAN DESSERTS CHRISTINA LEOPOLD 2020-11-10 MAKE DECADENT TREATS WITHOUT EVER TURNING ON THE OVEN IN THIS INCREDIBLE COLLECTION OF DELECTABLE PLANT-BASED SWEETS, CHRISTINA LEOPOLD, FOUNDER AND RECIPE DEVELOPER BEHIND THE BLOG ADDICTED TO DATES, WALKS YOU THROUGH HER EASY-TO-FOLLOW NO-BAKE METHOD FOR PREPARING ALL OF YOUR FAVORITE VEGAN TREATS. MAKE EVERYTHING FROM THREE-TIER CAKES AND GLAZED DONUTS TO FILLED CUPCAKES AND FUDGY BROWNIES ALL WITHOUT GREASING A PAN, PREPARING A COOLING RACK OR PRE-HEATING YOUR OVEN! WITH CHRISTINA'S GENIUS COMBINATIONS OF PLANT-BASED INGREDIENTS, YOU'LL YIELD PERFECT TEXTURES AND FLAVORS IN EVERY RECIPE. FALL IN LOVE WITH THE DELICATE CRUNCH OF HER ROASTED BUCKWHEAT PIECRUST OR THE CREAMY RICHNESS OF HER CASHEW AND COCONUT MILK CHEESECAKE BASE. THESE HEAVENLY GOODIES ARE NATURALLY SWEETENED WITH DATES, MAPLE SYRUP AND COCONUT SUGAR AND MOST ARE GLUTEN-FREE TO BOOT. YOU WON'T BELIEVE YOU'RE EATING CLEANER WITH RECIPES LIKE: • CREAMY PISTACHIO TART • DARK CHOCOLATE-EARL GREY TART WITH BLACKBERRY COULIS • SNICKERZ CHOCOLATE BARS • CHERRY BOMB CHEESECAKE • PEANUT BUTTER AND JELLY CHEESECAKE • TRIPLE CHOCOLATE BROWNIES • WHITE CHOCOLATE, MACADAMIA AND PISTACHIO COOKIES • BANOFFEE CUPCAKES • SALTED CARAMEL DONUTS • CARDAMOM, VANILLA AND CLEMENTINE CRÈME BRÛLÉE • DARK CHOCOLATE WITH MACA AND SEA SALT WHETHER YOU'RE VEGAN OR SIMPLY WANT TO TRY SOMETHING NEW, YOU'LL BE AMAZED AT WHAT DELICIOUS TREATS YOU CAN BAKE WITHOUT BAKING AT ALL!

THE DESSERT ADDICTION AMINA SUBRAMANI 2021-05-24 55% OFF FOR BOOKSTORES! DISCOUNTED RETAIL PRICE NOW! YOUR CUSTOMERS WILL NEVER STOP TO USE THIS AWESOME COOKBOOK! EASY ANTI-INFLAMMATORY DIET RECIPES AND AUTOIMMUNE PROTOCOL - 40 TASTY IDEAS FOR YOUR SNACKS: HEALTHY TREATS, DELICIOUS SMOOTHIES ... THE LIGHT DESSERT THAT'S GOOD FOR YOUR DIET! ARE YOU LOOKING FOR A SOLUTION TO IMPROVE THE QUALITY OF YOUR LIFE? WELL, TRY STARTING FROM WHAT YOU INTRODUCE INTO YOUR BODY EVERY DAY. FOOD IS THE FUEL THAT FUELS YOUR ENERGIES, THAT KEEPS YOUR BODY ALIVE, BUT IF IT IS THE WRONG ONE IT ENDS UP CREATING OR EVEN WORSENING PRECARIOUS HEALTH CONDITIONS, OR SITUATIONS OF GASTROINTESTINAL DISORDER. HEALING BEGINS IN THE KITCHEN: CHOOSING THE INGREDIENTS WELL, HOW TO MIX THEM, AND AT THE SAME TIME WHAT TO AVOID EATING IN THE PRESENCE OF CHRONIC CONDITIONS, OR AUTOIMMUNE DISORDERS. FOR THIS REASON, AFTER YEARS OF TESTING, WE HAVE CREATED LOTS OF ANTI-INFLAMMATORY DIET AND THE AUTOIMMUNE PROTOCOL RECIPES ... TWO SIMILAR METHODS, EACH WITH ITS PECULIARITIES, BUT BOTH AIMED AT REDUCING CHRONIC INFLAMMATION AND THE DISCOMFORT OF THE DIGESTIVE SYSTEM. WE HAVE DESIGNED 40 TASTY DESSERT RECIPES FOR YOU TO CONTINUE TO LOVE FOOD BY LEARNING NOT TO OVEREAT, AND ABOVE ALL TO CHOOSE YOUR HEALTH. YOU'LL DISCOVER THE FOLLOWING CATEGORIES: - DESERTS & SNACK - DRINKS & SMOOTHIES FOLLOW THIS COOKBOOK WITH STRAIGHTFORWARD INSTRUCTIONS, PREP, AND COOKING THAT MUCH EASIER. YOU'LL ENJOY THIS ONE-OF-A-KIND COOKBOOK FOR YOUR FAVORITE KITCHEN DEVICE COOKING. EVERYTHING YOU NEED TO GET STARTED IS RIGHT HERE INSIDE THIS COOKBOOK. BUY IT NOW AND LET YOUR CUSTOMERS GET ADDICTED TO THIS AMAZING COOKBOOK! KEEP YOUR HUNGER ALIVE IN THE KITCHEN AND OUTSIDE THE KITCHEN !! EAT CLEAN!! ENJOY THE DIET, ENJOY NEW LIFE!! YOUR RECOVERY BEGINS NOW!!!

BEAT SUGAR ADDICTION NOW! FOR KIDS JACOB TEITELBAUM 2012-08-01 THE MODERN AMERICAN CHILD'S DIET IS AWASH IN SUGAR—INCLUDING MAINSTAYS SUCH AS JUICE, CHOCOLATE MILK, SUGARY CEREALS, SODA, ENERGY DRINKS, AND FAST-FOOD BURGERS AND NUGGETS WITH ADDED CORN SYRUP AND SWEETENERS, LET ALONE CANDY AND COOKIES PREVALENT AT SCHOOL PARTIES AND PLAY DATES. BEAT SUGAR ADDICTION NOW! FOR KIDS GIVES PARENTS A PROVEN 5-STEP PLAN FOR GETTING AND KEEPING THEIR CHILD OFF SUGAR. BESTSELLING AUTHOR AND NOTED PHYSICIAN DR. JACOB TEITELBAUM AND PEDIATRIC NUTRITION SPECIALIST DEBORAH KENNEDY, PH.D., GIVE PARENTS A TOOLKIT FOR AVOIDING THE COMMON PITFALLS SUCH AS GUILT AND TEMPER TANTRUMS, MANAGING THE 5-STEP PROCESS SUCCESSFULLY ON A DAY-TO-DAY BASIS, AND GETTING THEIR CHILD EMOTIONALLY, AS WELL AS PHYSICALLY, UNHOOKED FROM SUGARY DRINKS, BREAKFAST FOODS, SNACKS, AND DESSERTS, AS WELL AS "HIDDEN" SUGARS IN FOODS. "DIALING DOWN THE SUGAR CONTENT OF YOUR KIDS' DIETS IS VERY IMPORTANT BUT MAY SEEM DAUNTING. BSAN FOR KIDS FIXES THAT. THE BOOK IS LOADED WITH GUIDANCE BOTH SENSIBLE AND SOUND, DOLED OUT ONE VERY MANAGEABLE SPOONFUL AT A TIME. BSAN FOR KIDS IS WHERE GETTING THE HEALTH BENEFITS OF LESS SUGAR FOR YOUR KIDS FINALLY LANDS IN THE SWEET SPOT!" —DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P., DIRECTOR, YALE UNIVERSITY PREVENTION RESEARCH CENTER AND PRESIDENT AND FOUNDER, TURN THE TIDE FOUNDATION, INC. "DRS. TEITELBAUM AND KENNEDY HAVE FINALLY WRITTEN THE ULTIMATE GUIDE FOR PARENTS WHO WANT TO GET THEIR KIDS OFF SUGAR. BY THE TIME YOU FINISH THIS BOOK, YOU'LL BE AN

EXPERT ON HOW SUGAR IS DIRECTLY DAMAGING YOUR CHILD'S HEALTH; MORE IMPORTANTLY, YOU'LL KNOW HOW TO DO SOMETHING ABOUT IT! A MUST-HAVE FOR ANY PARENT WHO WANTS THE BEST FOR THEIR CHILD."—JONNY BOWDEN, PH.D., C.N.S., AUTHOR OF THE 150 HEALTHIEST FOODS ON EARTH AND THE FORTHCOMING THE GREAT CHOLESTEROL MYTH

BEATING SUGAR ADDICTION FOR DUMMIES - AUSTRALIA / NZ MICHELE CHEVALLEY HEDGE 2013-09-25 A STEP-BY-STEP GUIDE TO KICKING THE SUGAR HABIT AND LIVING A HEALTHIER, HAPPIER LIFE WITH MANY AUSTRALIANS AND NEW ZEALANDERS DRAWING AS MUCH AS A THIRD OF THEIR TOTAL CALORIC INTAKE FROM SUGAR AND ENRICHED FLOUR, SUGAR ADDICTION IS A RAPIDLY GROWING PROBLEM. GLOBAL SUGAR CONSUMPTION HAS TRIPLED IN JUST THE LAST 50 YEARS AND THE RESULT HAS BEEN INCREASING LEVELS OF OBESITY, DIABETES, AND OTHER HEALTH PROBLEMS. EVEN WORSE, THE MORE SUGAR WE EAT, THE MORE SUGAR OUR BODIES WANT, LEADING TO A DANGEROUS CYCLE OF SUGAR ADDICTION. BEATING SUGAR ADDICTION FOR DUMMIES, AUSTRALIAN AND NEW ZEALAND EDITION, PRESENTS A SIMPLE, STEP-BASED PROGRAM THAT GRADUALLY WEANS YOU OFF SUGAR IN LARGE AMOUNTS TO LET YOU LIVE A HEALTHIER AND FITTER LIFE. THE BOOK EXPLAINS THE HIDDEN SOURCES OF SUGAR WE CONSUME, THE EFFECT THAT EATING TOO MUCH OF IT HAS ON US, AND HOW TO CUT DOWN ON SUGAR WITHOUT SACRIFICING THE FOODS WE LOVE. PLUS, YOU'LL FIND HEALTHY, SIMPLE MEAL PLANS AND RECIPES THAT INCLUDE LITTLE OR NO SUGAR. FEATURES PRACTICAL GUIDANCE AND A SIMPLE PLAN FOR CUTTING DOWN ON UNHEALTHY LEVELS OF SUGAR CONSUMPTION INCLUDES SIMPLE MEAL PLANS AND 50 GREAT-TASTING RECIPES WITH LITTLE OR NO SUGAR OFFERS TIPS ON DEALING WITH SUGAR CRAVINGS AND WHAT TO STOCK IN A LOW-SUGAR PANTRY NO ONE WANTS TO GIVE UP THE SWEET THINGS IN LIFE, BUT TOO MUCH SUGAR IS A RECIPE FOR ILL HEALTH AND ADDICTION. BEATING SUGAR ADDICTION FOR DUMMIES GIVES YOU THE INFORMATION AND ADVICE YOU NEED TO BREAK THE CYCLE AND FIND A HEALTHY BALANCE.

CONQUER YOUR FOOD ADDICTION CARYL EHRLICH 2010-05-11 CONQUER YOUR FOOD ADDICTION IS NOT A DIET BOOK. BUT IF YOU'RE COMMITTED TO LOSING WEIGHT, IT'S THE RIGHT BOOK FOR YOU! NOBODY CAN CAJOLE, TRICK, OR PROVOKE YOU INTO SHEDDING THOSE EXCESS POUNDS. BUT IF YOU ARE GENUINELY READY TO GO FOR IT, CARYL EHRLICH IS HERE TO LEAD THE WAY WITH HER 8-STEP PROGRAM FOR PERMANENT WEIGHT LOSS. THE PERFECT SOLUTION FOR PEOPLE WHO ARE OVERWEIGHT -- MANY OF WHOM ARE COMPULSIVE EATERS -- EHRLICH'S IS A BEHAVIORAL APPROACH TO WEIGHT LOSS THAT TEACHES YOU HOW TO CHANGE HABITS IN ORDER TO OVERCOME FOOD ADDICTION. AS SHE OBSERVES, NO DEPRIVATION DIET WILL WORK FOR FOOD ADDICTS, BECAUSE THEY USE FOOD THE WAY OTHER ADDICTS USE DRUGS OR ALCOHOL: NOT TO SATISFY PHYSICAL HUNGER BUT TO DISTRACT ONESELF FROM PAINFUL FEELINGS -- LONELINESS, ANGER, BOREDOM, SADNESS -- WITH A NEVER-ENDING CONVEYOR BELT OF FOOD. A FORMER COMPULSIVE EATER HERSELF, EHRLICH DEVELOPED THIS EASY-TO-UNDERSTAND PROGRAM FOR HERSELF MORE THAN TWENTY-FIVE YEARS AGO AND HAS TAUGHT IT TO OTHERS, WITH ASTOUNDING RESULTS, FOR MORE THAN TWO DECADES. WITH THE HELP OF CONQUER YOUR FOOD ADDICTION YOU WILL: • LEARN HOW TO DISTINGUISH PHYSICAL HUNGER FROM EMOTIONAL HUNGER • BECOME AWARE OF YOUR UNCONSCIOUS, RITUALIZED EATING HABITS • DEVELOP THE SKILLS NECESSARY TO APPROACH FOOD DIFFERENTLY • CHANGE YOUR BEHAVIOR IN ORDER TO CHANGE YOUR BODY • AWAKEN TO AN IMPROVED, REALISTIC RELATIONSHIP WITH FOOD USING ORIGINAL CONCEPTS AND EASY ASSIGNMENTS, EHRLICH'S PROVEN 8-STEP PROGRAM RETRAINS YOUR THOUGHT PROCESS SO THAT YOU CAN BEGIN TO SEE FOOD IN A NEW AND HEALTHY WAY. ONCE YOU DO, YOU'LL BE AMAZED AT HOW THE POUNDS COME OFF!

THE BAKING ADDICTS DESSERT COOKBOOK: TASTY DESSERT RECIPES TO CURB YOUR SWEET TOOTH DANIEL HUMPHREYS 2019-01-23 IF YOU HAVE A PARTICULARLY STRONG SWEET TOOTH AND LOOKING FOR A WAY TO SATISFY IT, THEN THIS IS A COOKBOOK YOU CERTAINLY NEED TO CHECK OUT! INSIDE OF THIS DESSERT COOKBOOK, YOU WILL UNLOCK PLENTY OF DESSERT RECIPES THAT WILL HELP YOU TO SATISFY YOUR STRONGEST SWEET TOOTH. YOU WILL LEARN HOW TO MAKE DESSERT RECIPES SUCH AS: - PEANUT BUTTER DESSERT CAKE - TRADITIONAL CHEESECAKE - FUNFETTI COOKIES - DECADENT CHOCOLATE CAKE - CHOCOLATE CHIP STUFFED COOKIES - PEANUT BUTTER LASAGNA - FUDGE BROWNIES - CHEESECAKE BROWNIES - CINNAMON COFFEE CAKE - MINIATURE CHEESECAKES - AND MUCH, MUCH MORE! SO, WHAT ARE YOU WAITING FOR? GRAB A COPY OF THIS DESSERT COOKBOOK AND START MAKING DELICIOUS DESSERTS TODAY!

THE CHOCOLATE ADDICT'S BAKING BOOK EDYTHE WILLIAMSON 2021-06-11 THE ULTIMATE GUIDE TO ALL THINGS CHOCOLATE CALLING ALL CHOCOHOLICS—COME SATISFY YOUR SWEET TOOTH, INDULGE IN YOUR ALL-TIME FAVORITES AND DISCOVER NEW WAYS TO GET YOUR FIX WITH 130 DIVERSE CHOCOLATE-BASED DESSERTS FROM EDYTHE WILLIAMSON EDYTHE WILLIAMSON SHARES STANDOUT TAKES ON CLASSIC FUDGY DESSERTS AS WELL AS CREATIVE, INTERESTING TWISTS ON TREATS THAT READERS KNOW AND LOVE, INCLUDING: - CHERRY CHEESECAKE SWIRL CHOCOLATE BROWNIES - CHOCOLATE-COVERED TIRAMISU TRUFFLES - MIND-BLOWING CHOCOLATE FUDGE BIRTHDAY LAYER CAKE - CHILE CHOCOLATE LAVA CAKES - GLAZED BACON CHOCOLATE DONUTS - THE ULTIMATE MISSISSIPPI CHOCOLATE MUD PIE - NO-BAKE WHITE CHOCOLATE-MANGO CHEESECAKE - EARL GREY CHAI-POACHED PEARS DARK CHOCOLATE CAKE - ULTRAFLAKY CHOCOLATE CROISSANTS (PAIN AU CHOCOLAT) PERFECT FOR BAKERS LOOKING FOR THAT NEXT GREAT CHOCOLATY RECIPE OR AS A GIFT FOR THE CHOCOLATE ADDICT

IN YOUR LIFE, THIS BOOK WILL SATISFY EVERY CRAVING.

BEAT SUGAR ADDICTION NOW! COOKBOOK JACOB TEITELBAUM 2012-01-01 AS A FOLLOW-UP TO THE ACCLAIMED BEAT SUGAR ADDICTION NOW!, BEAT SUGAR ADDICTION NOW! COOKBOOK GIVES READERS RECIPES AND MEAL PLANS SPECIFICALLY DESIGNED TO COMBAT THEIR UNIQUE TYPE OF SUGAR ADDICTION, BREAK THE SUGAR CRAVINGS/SENSITIVITY CYCLE, AND HELP THEIR BODY RECOVER FROM SUGAR ADDICTION SIDE EFFECTS. DIVIDED BY THE FOUR DIFFERENT TYPES OF SUGAR ADDICTS, EACH SECTION HAS RECIPES THAT ARE NOT ONLY FREE OF SUGAR BUT ARE DESIGNED TO CONTAIN KEY NUTRIENTS NECESSARY FOR RESOLVING THE UNDERLYING CAUSES OF THE SUGAR ADDICTION ITSELF: — FOODS HIGH IN L-TRYPTOPHAN EASE SLEEP AND SUGAR CRAVINGS IN TYPE 1 ADDICTS — RECIPES HIGH IN VITAMIN C BREAK DOWN CORTISOL AND BUST SUGAR CRAVINGS IN TYPE 2 ADDICTS — PROBIOTIC RECIPES COMBAT CANDIDIA OVERGROWTH IN TYPE 3 ADDICTS — SOY PROMOTES HORMONE BALANCE AND SUGAR SWINGS IN TYPE 4 ADDICTS THIS GUIDE ALSO INCLUDES SECTIONS ON SECRET FOOD SABOTAGERS THAT CAN UNDO SUGAR ADDICTION EFFORTS AS WELL AS SWEET NON-SUGAR SUBSTITUTES AND RECIPES THAT LET SUGAR ADDICTS HAVE THEIR TREATS AND STAY HEALTHY AND SUGAR-FREE, TOO!

ANATOMY OF A FOOD ADDICTION ANNE KATHERINE 2013-10-18 FEATURING AN HONEST ACCOUNT OF THE AUTHOR'S OWN STRUGGLES WITH FOOD, "ANATOMY OF A FOOD ADDICTION" HELPS READERS UNDERSTAND BINGE EATING AND PLAN A RECOVERY THROUGH EXERCISES, SELF-TESTS, AND AN EXAMINATION OF FAMILY ISSUES. ILLUSTRATIONS.

ADDICTION-FREE NATURALLY BRIGITTE MARS 2020-10-20 A GUIDE TO DESIGNING A PERSONAL PROGRAM TO BREAK YOUR ADDICTIONS SAFELY, GENTLY, AND NATURALLY • SHARES HERBS, SUPPLEMENTS, NATURAL REMEDIES, AND ALTERNATIVE PRACTICES THAT CAN HELP LIBERATE YOU FROM HABITUAL SUBSTANCE USE, EASE THE WITHDRAWAL PERIOD, CLEANSE THE BODY OF TOXINS, AND COMBAT DEPRESSION, ANXIETY, FATIGUE, AND STRESS • OFFERS SPECIFIC ADVICE AND REMEDIES FOR INDIVIDUAL ADDICTIVE SUBSTANCES AND BEHAVIORS, INCLUDING SUGAR, CAFFEINE, ALCOHOL, OPIOIDS, TOBACCO, AND TRANQUILIZERS • EXPLORES THE POTENTIAL OF PSYCHEDELIC THERAPY FOR OVERCOMING ADDICTION AND ADDRESSES HOW CANNABIS CAN BE OF BENEFIT FOR RECOVERY, WITHOUT BEING MISUSED ADDICTION AFFECTS MORE PEOPLE THAN ANY OTHER DISEASE. BREAKING A HABIT CAN BE - DAUNTING--IT'S HARD TO KNOW WHERE TO BEGIN BEYOND QUITTING "COLD TURKEY." BUT JUST AS HABITS CAN BE ACQUIRED, THEY CAN BE BROKEN. OTHERS HAVE DONE IT, AND SO CAN YOU! IN THIS HOLISTIC GUIDE TO BEATING ADDICTION, BRIGITTE MARS DETAILS HOW TO REPLACE NEGATIVE HABITS AND BEHAVIORS WITH POSITIVE HEALTHY ONES AND SAFELY SUPPORT YOUR BODY, MIND, AND SPIRIT FOR A SUCCESSFUL RECOVERY. THE AUTHOR SHARES SPECIFIC HERBS, SUPPLEMENTS, HOMEOPATHIC REMEDIES, FLOWER ESSENCES, BEHAVIORAL THERAPY, AND ALTERNATIVE PRACTICES, SUCH AS MEDITATION AND YOGA, THAT CAN HELP LIBERATE YOU FROM HABITUAL SUBSTANCE USE AND EASE THE WITHDRAWAL PERIOD AS WELL AS METHODS FOR CLEANSING THE BODY OF TOXINS AND HEALTHY WAYS TO COMBAT DEPRESSION, ANXIETY, FATIGUE, AND STRESS. SHE LOOKS IN DEPTH AT INDIVIDUAL ADDICTIVE SUBSTANCES AND BEHAVIORS, INCLUDING SUGAR, CAFFEINE, ALCOHOL, OPIOIDS, TOBACCO, AND TRANQUILIZERS, OFFERING SPECIFIC ADVICE AND REMEDIES FOR EACH. SHE SHOWS HOW EACH TECHNIQUE CAN BE USED IN CONJUNCTION WITH CONVENTIONAL THERAPIES, SUCH AS PSYCHOTHERAPY, METHADONE, OR ALCOHOLICS ANONYMOUS. DRAWING ON RECENT RESEARCH, SHE ALSO EXPLORES THE ENORMOUS POTENTIAL OF PSYCHEDELIC THERAPY FOR OVERCOMING ADDICTION AND, WITH THE SPREADING LEGALIZATION OF CANNABIS, SHE ADDRESSES HOW THIS PLANT CAN BE OF BENEFIT FOR RECOVERY, WITHOUT BEING MISUSED. OFFERING ADVICE ON DESIGNING A PERSONAL PROGRAM TO BREAK YOUR ADDICTIONS, THE AUTHOR ALSO SHOWS HOW TO USE NATURAL REMEDIES TO MAINTAIN YOUR NEW ENERGY AND VITALITY AS YOU WALK THE ROAD TO RECOVERY.

BEATING SUGAR ADDICTION FOR DUMMIES DAN DEFIGIO 2013-05-17 ARE YOU A SUGAR ADDICT? BEATING SUGAR ADDICTION FOR DUMMIES PROVIDES YOU A SAFE AND HEALTHY PATH TO OVERCOME YOUR ADDICTION, ELIMINATE STRESS EATING, AND UPGRADE YOUR NUTRITION FOR A HEALTHIER LIFESTYLE. SUGAR ADDICTION IS A RAPIDLY GROWING EPIDEMIC THAT CAN LEAD TO OBESITY, CHRONIC FATIGUE, DIABETES, AND A HOST OF OTHER MEDICAL AND PSYCHOLOGICAL PROBLEMS. BEATING SUGAR ADDICTION FOR DUMMIES HELPS THOSE WHO ARE AFFECTED BY THIS COMMONLY OVERLOOKED ADDICTION TO OUTSMART THEIR SUGAR CRAVINGS AND OVERCOME THEIR ADDICTION. THE TIPS IN THIS BOOK WILL HELP YOU: LEARN TO STOP STRESS EATING AND PERFORM A NUTRITION MAKEOVER THAT MAKES THE LOW-SUGAR LIFESTYLE EASY! STOP THE FRUSTRATION OF YO-YO DIETING, AND FINALLY FIND AN EATING PLAN THAT WORKS. FREE YOURSELF FROM THE GRIP OF SUGAR ADDICTION AND REGAIN CONTROL OVER YOUR LIFE. BEATING SUGAR ADDICTION FOR DUMMIES CONTAINS EVERYTHING YOU NEED TO START YOUR JOURNEY DOWN THE ROAD TO WELLNESS: FOUR COMMON TYPES OF SUGAR ADDICTS - WHICH ONE ARE YOU? FINALLY UNDERSTAND CARBS, PROTEIN, AND FAT WITH A SIMPLE NUTRITION SYSTEM FOR WEIGHT LOSS AND HEALTHY EATING, INCLUDING WHAT TO CHOOSE AND WHAT TO STAY AWAY FROM DETOXING FROM SUGAR AND PERFORMING A KITCHEN MAKEOVER EATING MINDFULLY - MAKING PURPOSEFUL DECISIONS INSTEAD OF STRESS EATING HOW TO SURVIVE HOLIDAYS, RESTAURANTS, AND SPECIAL OCCASIONS BUILDING A SUPPORT SYSTEM EXERCISE PROGRAMS FOR ENERGY AND WEIGHT LOSS SPEEDY LOW-SUGAR RECIPES FOR BREAKFAST, LUNCH, DINNER, SNACKS, AND DESSERTS STAYING ON TRACK AND BREAKING THE CYCLE OF FAILURE - INCLUDING A STEP-BY-STEP LIST OF EXACTLY WHAT TO DO

WHEN A SUGAR CRAVING STRIKES! IF YOU'RE ONE OF THE MILLIONS OF PEOPLE WORLDWIDE WHO RELIES TOO MUCH ON SUGAR FOR ENERGY, COMFORT, OR CONVENIENCE, BEATING SUGAR ADDICTION FOR DUMMIES IS YOUR NO-NONSENSE GUIDE TO DECREASING YOUR SUGAR INTAKE, LOSING WEIGHT, AND CHANGING YOUR LIFE FOR THE BETTER!

THE CHOCOLATE ADDICT'S BAKING BOOK SABINE VENIER 2020-09-29 THE ULTIMATE GUIDE TO ALL THINGS CHOCOLATE CALLING ALL CHOCOHOLICS—COME SATISFY YOUR SWEET TOOTH, INDULGE IN YOUR ALL-TIME FAVORITES AND DISCOVER NEW WAYS TO GET YOUR FIX WITH 75 DIVERSE CHOCOLATE-BASED DESSERTS FROM SABINE VENIER, THE FOUNDER OF ALSO THE CRUMBS PLEASE. SABINE SHARES STANDOUT TAKES ON CLASSIC FUDGY DESSERTS AS WELL AS CREATIVE, INTERESTING TWISTS ON TREATS THAT READERS KNOW AND LOVE, INCLUDING: • CHERRY CHEESECAKE SWIRL CHOCOLATE BROWNIES • CHOCOLATE-COVERED TIRAMISU TRUFFLES • MIND-BLOWING CHOCOLATE FUDGE BIRTHDAY LAYER CAKE • CHILE CHOCOLATE LAVA CAKES • GLAZED BACON CHOCOLATE DONUTS • THE ULTIMATE MISSISSIPPI CHOCOLATE MUD PIE • NO-BAKE WHITE CHOCOLATE-MANGO CHEESECAKE • EARL GREY CHAI-POACHED PEARS DARK CHOCOLATE CAKE • ULTRAFLAKY CHOCOLATE CROISSANTS (PAIN AU CHOCOLAT) PERFECT FOR BAKERS LOOKING FOR THAT NEXT GREAT CHOCOLATY RECIPE OR AS A GIFT FOR THE CHOCOLATE ADDICT IN YOUR LIFE, THIS BOOK WILL SATISFY EVERY CRAVING.

ADDICTION GENE M. HEYMAN 2010-10-15 IN A BOOK SURE TO INSPIRE CONTROVERSY, GENE HEYMAN ARGUES THAT CONVENTIONAL WISDOM ABOUT ADDICTION^[?] THAT IT IS A DISEASE, A COMPULSION BEYOND CONSCIOUS CONTROL^[?] IS WRONG. DRAWING ON PSYCHIATRIC EPIDEMIOLOGY, ADDICTS^[?] AUTOBIOGRAPHIES, TREATMENT STUDIES, AND ADVANCES IN BEHAVIORAL ECONOMICS, HEYMAN MAKES A POWERFUL CASE THAT ADDICTION IS VOLUNTARY. HE SHOWS THAT DRUG USE, LIKE ALL CHOICES, IS INFLUENCED BY PREFERENCES AND GOALS. BUT JUST AS THERE ARE SUCCESSFUL DIETERS, THERE ARE SUCCESSFUL EX-ADDICTS. IN FACT, ADDICTION IS THE PSYCHIATRIC DISORDER WITH THE HIGHEST RATE OF RECOVERY. BUT WHAT ENDS AN ADDICTION? AT THE HEART OF HEYMAN^[?]'S ANALYSIS IS A STARTLING VIEW OF CHOICE AND MOTIVATION THAT APPLIES TO ALL CHOICES, NOT JUST THE CHOICE TO USE DRUGS. THE CONDITIONS THAT PROMOTE QUITTING A DRUG ADDICTION INCLUDE NEW INFORMATION, CULTURAL VALUES, AND, OF COURSE, THE COSTS AND BENEFITS OF FURTHER DRUG USE. MOST OF US AVOID BECOMING DRUG DEPENDENT, NOT BECAUSE WE ARE ESPECIALLY RATIONAL, BUT BECAUSE WE LOATHE THE IDEA OF BEING AN ADDICT. HEYMAN^[?]'S ANALYSIS OF WELL-ESTABLISHED BUT FREQUENTLY IGNORED RESEARCH LEADS TO UNEXPECTED INSIGHTS INTO HOW WE MAKE CHOICES^[?] FROM OBESITY TO McMANSIONIZATION^[?] ALL ROOTED IN OUR DEEP-SEATED TENDENCY TO CONSUME TOO MUCH OF WHATEVER WE LIKE BEST. AS WEALTH INCREASES AND TECHNOLOGY ADVANCES, THE DILEMMA POSED BY ADDICTIVE DRUGS SPREADS TO NEW PRODUCTS. HOWEVER, THIS REMARKABLE AND RADICAL BOOK POINTS TO A SOLUTION. IF DRUG ADDICTS TYPICALLY BEAT ADDICTION, THEN NON-ADDICTS CAN LEARN TO CONTROL THEIR NATURAL TENDENCY TO TAKE TOO MUCH.

SALLY'S COOKIE ADDICTION SALLY MCKENNEY 2017-09-19 BAKE EXQUISITE COOKIES, BARS, AND DOUGHS PERFECTLY EVERY TIME WITH SALLY'S COOKIE ADDICTION, THE LONG-AWAITED FOLLOW-UP TO BAKING ADDICT AND FOOD BLOGGER SALLY MCKENNEY'S POPULAR COOKBOOK, SALLY'S BAKING ADDICTION. A WORLD OF BAKING WONDER AWAITS YOU AND ALL THE LUCKY PEOPLE YOU'LL SHARE THESE TREATS WITH. ARE YOU READY TO SINK YOUR TEETH INTO BROWN BUTTER TOFFEE CHOCOLATE CHIP COOKIES? HOW ABOUT PEANUT BUTTER NUTELLA SWIRL COOKIES OR PUMPKIN SPICE SUGAR COOKIES? FEATURING A MOUTHWATERING SELECTION OF COOKIES, COOKIE BARS, COOKIE DOUGH DIPS, SLICE-AND-BAKES, NO-BAKES, AND MORE, SALLY'S COOKIE ADDICTION FEATURES DOZENS OF EXCITING FLAVORS, INCLUDING CHOCOLATE, BUTTERSCOTCH, PEANUT BUTTER, SUGAR, COCONUT, LEMON, S'MORE, AND OATMEAL, OH MY! THE BEST PART? IN SALLY'S COOKIE ADDICTION, SALLY WILL TELL YOU HOW TO MAKE EACH AND EVERY COOKIE IN THE BOOK AHEAD OF TIME. SO, IF YOU WANT TO START PREPARING FOR THE HOLIDAYS, OR IF YOU JUST LIKE KEEPING COOKIE DOUGH IN YOUR FREEZER FOR THOSE CRITICAL COOKIE EMERGENCIES, THIS IS YOUR SOURCE. COMPLETE WITH TIPS ON HOW TO BAKE THE PERFECT COOKIE AND GORGEOUS PHOTOGRAPHY, SALLY'S COOKIE ADDICTION IS THE ONLY COOKIE BOOK YOU NEED ON YOUR SHELF. PREPARE FOR YOUR KITCHEN TO BE THE MOST POPULAR ROOM IN THE HOUSE WHILE THE SMELLS OF WARM CHOCOLATE CHUNK SKILLET COOKIES, LEMON CR^[?] ME SANDWICH COOKIES, AND SOFT-BAKED SUGAR COOKIE BARS EMANATE FROM THE OVEN! HUNGRY FOR MORE? LEARN TO CREATE EVEN MORE IRRESISTIBLE SWEETS WITH SALLY'S CANDY ADDICTION AND SALLY'S BAKING ADDICTION.

LITTLE SUGAR ADDICTS KATHLEEN DESMAISONS 2010-06-16 SUGAR IS NOT LOVE DO YOU HAVE A SMART, CREATIVE, LOVING CHILD WHO IS ALSO CRANKY, INATTENTIVE, AND SOMETIMES DOWNRIGHT OBNOXIOUS? IF YOU'VE WRITTEN OFF THIS NEGATIVE BEHAVIOR AS "TYPICAL" FOR YOUR CHILD'S AGE—WHETHER TODDLER OR TEEN—STOP AND THINK: DOES YOUR CHILD HAVE A TASTE FOR SODA, SUGARY BREAKFAST CEREALS, AND TREATS LIKE CANDY AND COOKIES? DOES SHE EAT REGULARLY SCHEDULED MEALS OR SKIP THEM? WHAT, EXACTLY, DOES HE DRINK AND SNACK ON THROUGHOUT THE DAY? YOUR CHILD'S BEHAVIOR MAY BE LINKED TO DIET—SPECIFICALLY TO THE SUGAR IN OBVIOUS SOURCES LIKE SWEETS AND SODA AND TO HIDDEN SUGARS THAT LURK IN MANY FOODS, FRUIT-BASED DRINKS, AND "HEALTHY" SNACKS LIKE GRANOLA BARS. AND IF YOUR SON OR DAUGHTER IS SUGAR SENSITIVE, MISBEHAVIOR AND MOODINESS CAN BE AGGRAVATED BY MISSED OR LATE MEALS AND JUNK FOODS. NOW, BESTSELLING AUTHOR

KATHLEEN DESMAISONS OFFERS YOU A WORKABLE SOLUTION FOR GETTING BACK YOUR CHILD BY CHANGING HIS DIET—WITHOUT CREATING A SENSE OF DEPRIVATION, WITHOUT SETTING UNREALISTIC GOALS, AND WITHOUT TURNING SUGAR INTO “FORBIDDEN FRUIT.” THIS BOOK OFFERS: • A STEP-BY-STEP PROGRAM, BACKED BY YEARS OF RESEARCH, FOR GRADUALLY IMPROVING THE FOOD YOUR CHILD EATS—YOU AND YOUR WHOLE FAMILY WILL BENEFIT! • TIPS FOR NAVIGATING THE SUGAR-LADEN WORLD OF BIRTHDAY PARTIES, HOLIDAYS, AND SCHOOL CAFETERIAS • WAYS TO INCORPORATE HEALTHY SNACKING AND REGULAR MEALTIMES INTO YOUR CHILD’S DAY, INCLUDING SUGGESTIONS FOR MEALS AND SNACKS, PLUS RECIPES LITTLE SUGAR ADDICTS ISN’T ABOUT STRANGE FOODS, DRAMATIC LIFESTYLE CHANGES, OR COMPLICATED MENUS—JUST SUPPORT, GUIDANCE, AND REAL-LIFE SUGGESTIONS FROM OTHER PARENTS THAT WORK. IT WILL HELP YOU MAKE THE CONNECTION BETWEEN THE ADDICTIVE QUALITIES OF SUGAR AND NEGATIVE BEHAVIOR AND OFFER A HEALTHY SOLUTION YOU AND YOUR WHOLE FAMILY CAN LIVE WITH. FROM THE TRADE PAPERBACK EDITION.

ANATOMY OF A FOOD ADDICTION ANNE M. A. KATHERINE 2011-02 HOPE, HELP, AND A REAL EXPLANATION FOR THE DISEASE OF FOOD ADDICTION IF YOU HAVE STRUGGLED WITH COMPULSIVE EATING, DIETING, AND THE GUILT AND CONFLICT THEY BRING, YOUR LIFE WILL BE CHANGED BY THIS IMPORTANT, LIFE-AFFIRMING, AND ASTONISHINGLY WISE BOOK. ANNE KATHERINE, A CERTIFIED EATING DISORDERS THERAPIST AND FORMER COMPULSIVE EATER, EXPLAINS THE CHEMICAL REACTIONS IN THE BRAIN THAT WORK IN CONJUNCTION WITH LIFELONG EMOTIONAL CONFLICTS TO MAKE FOOD - PARTICULARLY SUGAR AND REFINED CARBOHYDRATES - SUCH A COMFORT THAT IT’S ALMOST LIKE A DRUG. ONCE YOU REALIZE THAT YOUR BINGE EATING IS A PHYSICAL DISEASE THAT CAN BE TREATED, YOU CAN USE THE BOOK’S SELF-TESTS, EXERCISES, EXAMINATION OF FAMILY ISSUES, AND COMPLETE RECOVERY PROGRAM FOR NEWFOUND UNDERSTANDING AND CONFIDENCE.

PROJECT ADDICTION COUNSELOR, HOW TO CREATE AND SUSTAIN A PRIVATE PRACTICE SCOTT A SPACKY 2018-04-22 STEP BY STEP, DETAILED INSTRUCTIONS HOW TO BE CERTIFIED, GET OFFICE SPACE, MARKETING, BILLING, APPEARANCE, RAPPORT, LEGAL PROTECTION...ALL THE DETAILS, BIG AND SMALL. A LUCRATIVE, FULFILLING CAREER WITHOUT A DEGREE AND VERY LITTLE START-UP MONEY. PRIVATE COUNSELING: IT’S ABOUT TIME.

SWEET MARRIAGE IN GOLDEN AGE: WAR YOUNG PET’S ADDICTION LU SANSHENG 2020-07-13 IN THE CHAOS OF THE NIGHT, SHE HAD MISTAKENLY PROVOKED THE YOUNG MASTER ZHAN, WHO POSSESSED MONSTROUS POWER IN THE CAPITAL, AND MISTOOK HIS IDENTITY. WHEN THEY MET AGAIN SIX YEARS LATER, SHE WOULD NEVER HAVE IMAGINED THAT HE WOULD BECOME HER BROTHER-IN-LAW! AT THE ENTRANCE TO THE CIVIL AFFAIRS BUREAU, SHE TOOK THE INITIATIVE TO CLIMB ON HER BROTHER-IN-LAW IN ORDER TO TAKE REVENGE ON HER SISTER, WHO HAD BULLIED HER BEFORE. “YOU KICKED LU YAQING, AND MARRIED ME. HOW ABOUT IT?” “VERY GOOD!” AFTER SHE HAD SUCCEEDED IN DIGGING HER WAY THROUGH THE WALL, SHE LEFT WITH A PAT ON HER BUTT ...

MANAGE MY ADDICTION KENNETH MARTZ 2021-05-15 THE AUTHOR BLENDS THEORY AND PRACTICE IN DIRECT, USEFUL, AND INVITING WAYS. INSPIRING QUOTATIONS AND TAKEAWAY MESSAGES ABOUND. THE FORMAT ENGAGES READERS WHO EAGERLY ANTICIPATE “NEXT STEPS.” DR. SANDRA RASMUSSEN: AUTHOR OF READY, SET, GO! ADDICTION MANAGEMENT FOR PEOPLE IN RECOVERY TODAY, MILLIONS OF AMERICANS ARE FACING AN EPIDEMIC OF ADDICTION. ALCOHOL, OPIATES, STIMULANTS, AND GAMBLING HAVE BECOME COMMON, WITH AS MANY AS ONE IN FOUR FAMILIES SEARCHING FOR A WAY TO RECOVER THEIR LIVES. THESE PATTERNS INCLUDE OTHER BEHAVIORAL ISSUES, INCLUDING SCREEN TIME, SEXUAL BEHAVIORS, COMPULSIVE EATING, AND SHOPPING. AS WE SEARCH TO NUMB OR SOLVE OUR INTERNAL EXPERIENCE WITH ADDICTIVE BEHAVIOR PATTERNS, THE IMPACTS CAN WORSEN, ADDING DEPRESSION, ANXIETY, HEALTH, OR EVEN LEGAL CONCERNS. WITH DECADES OF EXPERIENCE, DR. MARTZ HELPS GUIDE THE READER TO UNDERSTAND THE PROCESS OF ADDICTION AND MAKE A CHANGE. IN THIS BOOK YOU WILL FIND: • HOW THE BRAIN TRICKS US AND HOW TO TAKE CONTROL OF IT • THE STAGES OF ADDICTION AND IMPLICATIONS OF EACH • UNDERSTANDING OUR “WHY” AND HOW TO USE IT • THE FIVE KEY APPROACHES TO MAKE LASTING CHANGE IN OUR INSIGHT, VISION, EMOTIONS, BELIEFS, AND VALUES • SPECIAL SECTIONS ON TRAUMA, GOAL-SETTING, AND CROSS-ADDICTIONS • GUIDANCE ON HOW TO FIND A COUNSELOR THAT’S A GOOD FIT FOR YOU IF YOU WANT TO STAY THE SAME, THIS BOOK IS NOT FOR YOU. IF YOU ARE READY FOR SOMETHING MORE, READ ON. START NOW TO CHANGE YOUR LIFE. PAGE UP AND ORDER NOW

ALL TIRAMISUS LEAD TO ROME CHLOE TUCKER 2021-09-13 HUNGOVER FROM AN UNEXPECTED OUTING YESTERDAY? DID YOU PULL AN ALL-NIGHTER TRYING TO FINISH THAT REPORT YOU’D BEEN PUTTING OFF? ARE YOU JUST ADDICTED TO COFFEE AND NEED MORE AND MORE WAYS TO INCORPORATE IT INTO YOUR DIETS BECAUSE DRINKING 4 CUPS OF IT A DAY ISN’T ENOUGH ANYMORE? IF ANY OF THESE SITUATIONS, IS YOU, TIRAMISU’S YOUR GUY! WITH ITS NAME MEANING “LIFT ME UP,” WHAT MORE COULD YOU WANT OR NEED? IT’S PHENOMENAL AND PACKED WITH ALL THE CAFFEINE YOU NEED TO LIFT YOU UP FROM THE DARKEST DEPTHS OF NOT SLEEPING OR WHATEVER IT IS YOU’RE HERE FOR. THE BEST PART IS, IF IT’S NOT STRONG ENOUGH FOR YOU, JUST ENJOY IT WITH A CUP OF COFFEE! WE’VE ONLY KNOWN YOU FOR 2 MINUTES, AND ALREADY WE’RE SOLVING YOUR LIFE FOR YOU, IMAGINE WHAT THIS BOOK CAN DO THEN!

7-DAY SUGAR CLEANSE LEISA MALONEY COCKAYNE 2021-10-05 ONE WEEK TO A HEALTHIER, SUGAR-FREE YOU DO YOU CONSTANTLY CRAVE SIMPLE CARBOHYDRATES LIKE BREADS, DESSERTS OR SUGARY DRINKS? DO YOU TREAT YOURSELF TO “ONE COOKIE” THAT QUICKLY SPIRALS INTO EATING THE WHOLE BOX? HAVE YOU TRIED TO CUT BACK ON YOUR SUGAR CONSUMPTION BEFORE, BUT ULTIMATELY CAVED TO YOUR CRAVINGS? YOU AREN’T ALONE! STOP BEING CONTROLLED BY YOUR SUGAR ADDICTION ONCE AND FOR ALL BY FOLLOWING THIS SIMPLE, ACHIEVABLE ONE-WEEK SUGAR CLEANSE, DESIGNED BY INTEGRATIVE NUTRITION HEALTH COACH AND [WWW.MAKEMESUGARFREE.COM](http://www.makemesugarfree.com) FOUNDER LEISA MALONEY COCKAYNE. THIS QUICK AND ACHIEVABLE CLEANSE IS MADE UP OF SEVEN DAYS OF BREAKFAST, LUNCH, DINNER AND SNACK RECIPES THAT ARE FLAVORFUL AND SATISFYING ENOUGH TO HELP YOU QUIT SUGAR COLD TURKEY, WITHOUT FEELING LIKE YOU’RE MISSING OUT ON ENJOYING YOUR MEALS. CHOOSE FROM TASTY OPTIONS LIKE: - QUINOA AND GOAT CHEESE BURGERS - BO-HO-LLANDAISE POACHED EGGS - COCONUT CHICKEN DIPPERS - COCONUT AND VANILLA OVERNIGHT OATS - SAGE PORK CUTLETS - PARMA HAM AND ARUGULA CAULI PIZZA LEISA INCLUDES A BONUS CHAPTER OF HEALTHY MEALS TO ENJOY POST-CLEANSE, TO HELP YOU CONTINUE BEING CONSCIENTIOUS AND KEEP YOU FROM SLIDING BACK INTO UNHEALTHY, SUGAR-LADEN HABITS. SHE ALSO SHARES LOWER-SUGAR VERSIONS OF YOUR FAVORITE DESSERTS—BECAUSE BREAKING YOUR SUGAR ADDICTION DOESN’T MEAN NEVER EATING THE SWEETS YOU LOVE AGAIN! INSTEAD, IT’S ALL ABOUT ENJOYING SUGAR IN MODERATION, WITHOUT BEING CONTROLLED BY URGES AND CRAVINGS. A FORMER SUGAR ADDICT HERSELF, LEISA WILL GUIDE YOU STEP-BY-STEP THROUGH SUCCESSFULLY BREAKING YOUR ADDICTION AND START REAPING THE BENEFITS OF YOUR NEW SUGAR-FREE LIFE!

Food Addiction KAY SHEPPARD 2010-01-01 ARE YOU A FOOD ADDICT? DO YOU GAIN MORE WEIGHT THAN YOU LOSE AFTER EVERY DIET? CAN ONE COOKIE DESTROY ALL YOUR GOOD INTENTIONS? DO YOU EAT WHEN YOU ARE DISAPPOINTED, TENSE OR ANXIOUS? SINCE ITS PUBLICATION, *FOOD ADDICTION* HAS BECOME A PRIMARY RESOURCE FOR FOOD ADDICTS AND COMPULSIVE EATERS. NOW IT IS UPDATED AND PRESENTED IN A REVISED AND EXPANDED EDITION, WITH A NEW CHAPTER ON RELAPSE. FOR A FOOD ADDICT, RELAPSE IS AN EVER PRESENT DANGER WHICH BEGINS IN THE MIND BEFORE REACHING FOR THAT CUPCAKE OR OTHER TRIGGER FOOD. HERE *FOOD ADDICTION* IS DEFINED, TRIGGER FOODS ARE IDENTIFIED AND CONSEQUENCES OF *FOOD ADDICTION* ARE REVEALED. A LIFETIME EATING PLAN DEMONSTRATING HOW TO STICK WITH A HEALTHFUL FOOD PLAN FOR THE LONG TERM IS ALSO PROVIDED. “FOR SOME PEOPLE, FOODS CAN BE AS ADDICTIVE AS ALCOHOL,” KAY SHEPPARD EXPLAINS. “GUMMY BEARS AND MARSHMALLOW CHICKS CAN BE VICIOUS KILLERS WHOSE EFFECTS CAN LEAD TO DEPRESSION, IRRITABILITY AND EVEN SUICIDE. THE TERRIBLE TRUTH IS THAT FOR CERTAIN INDIVIDUALS, REFINED CARBOHYDRATES CAN TRIGGER THE ADDICTIVE PROCESS. THIS BOOK IS AN EFFORT TO HELP YOU UNDERSTAND AND SOLVE THE PROBLEMS OF COMPULSIVE EATING.”

ALLERGIES AND FOOD ADDICTIONS ELEONORE BLAUROCK-BUSCH 2015-04-22 THIS BOOK EXPLAINS FOOD ALLERGIES AND HOW YOU CAN ALLEVIATE OR GET RID OF YOUR PROBLEMS. ABOUT 1-5% OF THE TOTAL POPULATION HAS FOOD ALLERGIES; MORE THAN 120 FOODS ARE RECOGNIZED TO CAUSE THEM. THIS BOOK LISTS THE FOODS THAT MOST COMMONLY CAUSE REACTIONS ON A WORLDWIDE BASIS, NAMELY: MILK, EGG, PEANUT, TREE NUTS FOLLOWED BY CEREALS (MAINLY WHEAT), SOYBEANS, FISH, AND SHELLFISH. IT ALSO EXPLAINS WHY SOME FOODS TEMPORARILY CAUSE PROBLEMS, AND OTHERS MAY TURN OUT TO BE PROBLEMATIC FOR YOU THROUGHOUT LIFE. THE BOOK TELLS YOU HOW TO IDENTIFY TEMPORARY FOOD SENSITIVITIES AND GENETICALLY-BASED FOOD ALLERGIES. MORE OFTEN, PEOPLE WITH POLLEN ALLERGY EXPERIENCE ALLERGIC SYMPTOMS WHEN THEY EAT CERTAIN FRUITS, VEGETABLES OR NUTS. THE AUTHOR EXPLAINS WHY CROSS-REACTIONS OCCUR AND HOW YOU CAN ALLEVIATE HAY FEVER SYMPTOMS THROUGH SENSIBLE EATING AND LIVING. *FOOD ADDICTIONS* ARE PART OF THE *FOOD ALLERGY* COMPLEX, AND YOU WILL LEARN HOW TO MANAGE IT ALL. YOU WILL BE REWARDED BY FEELING BETTER PHYSICALLY AND EMOTIONALLY. THE BOOK DESCRIBES HOW YOU CAN REDUCE FOOD REACTIONS BY IMPROVING DIGESTIVE FUNCTIONS. IT ALSO EXPLAINS WHY SOME NUTRITIONAL SUPPLEMENTATION CAN HELP TO REDUCE ALLERGY SUFFERING. MOST OF ALL, THE BOOK TEACHES HOW TO PLAN A SENSIBLE AND TASTY DIET THROUGH PROPER FOOD ROTATION. *FOOD GROUPS* ARE LISTED WITH A DIET PLAN AND TASTY MENUS. YOU WILL LEARN WHY A TEMPORARY AVOIDANCE OF SPECIFIC FOODS CHANGES YOUR ALLERGY SYMPTOMS INTO A MANAGEABLE AND TEMPORARY PROBLEM. SYMPTOMS WILL DISAPPEAR, ONE AFTER THE OTHER. WITH A LITTLE DISCIPLINE IN PREPARING DAILY MENUS, YOU WILL EVENTUALLY BE ABLE TO EAT MOST, IF NOT ALL FOODS - WITHOUT SUFFERING FROM ALLERGIES SYMPTOMS. TRY IT.

THE ULTIMATE DESSERT COOKBOOK HALA ALMAYER 2020-08 MY HOMETOWN, DAMASCUS, IS THE CAPITAL OF SYRIA, IT IS THE CITY OF JASMINE, WHERE EACH STREET CORNER TELLS STORIES OF ITS ENHANCED PAST. WHEN YOU WALK THROUGH THE ALLEYS, YOU WILL BE CHARMED WITH THE AROMATIC SCENT. THE ANCIENT HOUSES OF THE CITY ARE WELL KNOWN FOR THEIR FABULOUS COURTYARDS, MOSAIC FOUNTAINS, AND LEMON TREES ON THE SIDES THAT HAVE A BREATHTAKING AROMA. IN THE KITCHENS OF THESE LOVELY HOUSES, MOTHERS USUALLY CELEBRATE GATHERINGS BY PREPARING DELICIOUS MEALS AND SANDWICHES FOR THEIR FAMILIES. ALSO, THEY BAKE THEIR ADDICTIVE DESSERTS FOR THE KIDS (BUT ARE EATEN BY GROWNUPS). THEY USE FRESH ORGANIC INGREDIENTS AND MOST IMPORTANTLY THE TASTE OF LOVE. SOME OF THEIR TRADITIONAL QUICK AND EASY TO MAKE DESSERT RECIPES ARE: *BAKLAVA. *KUNAFA. *AISH AL SARAYA. *HARISA. *DATE ICE CREAM. *DAMASCENE PISTACHIO ICE CREAM* APRICOT JAM. *ROSE PETAL JAM. TASTY BAKED, COOKED, AND FROZEN TREATS YOU WILL LOVE TO CREATE. GREAT EXPERIENCE OF CLASSIC

MIDDLE EASTERN DESSERTS. THESE TESTED AUTHENTIC RECIPES BRING A PASTRY EXPERT CHEF INTO YOUR KITCHEN. SO, TRY THEM AND I AM SURE YOU WILL ENJOY.

MUG O'LOVE DESSERTS LYNNE PRINCE 2014-05-13 MUG O'LOVE DESSERTS IS FIRST IN A SERIES OF DELICIOUS RECIPES FROM MEDICINE HILL FARM. WE'VE COLLECTED MUG DESSERT RECIPES FROM ALL OVER, MADE THEM LOW-FAT (AND SOME GLUTEN FREE), AND TESTED THEM IN OUR OWN KITCHEN. DESSERTS FOR ONE ARE ALL THE RAGE AND THESE RECIPES ARE SUPER EASY - PERFECT FOR THOSE TIMES WHEN YOU WANT SOMETHING SWEET WITHOUT THE FUSS. A SIMPLE MICROWAVE MUG TREAT IN UNDER TWO MINUTES! WE NEVER THOUGHT MICROWAVE BAKING WAS POSSIBLE, BUT IT SURE IS AND IS BRIMMING WITH YUMMY GOODNESS IN THESE RECIPES! LOOK FOR MORE SCRUMPTIOUS RECIPES FROM MEDICINE HILL FARM SOON!

THE CARBOHYDRATE ADDICT'S DIET RACHAEL F. HELLER 1993 A MEDICALLY-TESTED DIET PLAN SHOWS PATIENTS HOW TO BEAT THE YO-YO EFFECT OF DIETING BY CORRECTING HYPERINSULEMIA, OR CARBOHYDRATE ADDICTION, AND INCLUDES RECIPES AND A MENU PLAN

CHEMICAL ADDICTION & FAMILY MEMBERS ROBERT W. BAILOR 2015-12-23 THIS SMALL BOOK IS FOR ALL THOSE NOBLE SOULS WHO HAVE ENDURED THE TRIALS AND TRIBULATIONS OF BEING FAMILY MEMBERS OF AN ADDICT OR ALCOHOLIC AND HAVE CONTINUED TO LOVE THEM. IT IS OFFERED AS A LIFELINE SO THAT FAMILY MEMBERS CAN SURVIVE THE STRUGGLE AND EVEN THRIVE IN SPITE OF IT. THIS BOOK EXPLAINS CHEMICAL ADDICTION AND ITS TRAUMATIC EFFECTS ON FAMILY MEMBERS, BUT MOSTLY IT SHOWS FAMILY MEMBERS HOW TO SUCCESSFULLY NAVIGATE THE CHALLENGES THEY FACE. FAMILY MEMBERS NEED HELP TO HEAL JUST AS MUCH AS THEIR ADDICTS/ALCOHOLICS DO BECAUSE CHEMICAL ADDICTION IS A FAMILY DISEASE. THE INSIGHT THAT DRIVES THIS SMALL BOOK IS THE SAME AS THE INSIGHT THAT DRIVES THE RECOVERY OF EVERY ADDICT/ALCOHOLIC: IF YOU WORK A PROGRAM, IT WORKS FOR YOU. IT WILL NOT BE EASY, BUT IN THE END ALL CAN BE WELL.

THE SUGAR ADDICT'S TOTAL RECOVERY PROGRAM KATHLEEN DESMAISONS 2008-12-24 BUILDING ON THE SCIENCE OF NUTRITION THAT SHE OUTLINED IN HER BESTSELLING BOOK, *POTATOES NOT PROZAC*, DR. KATHLEEN DESMAISONS NOW PRESENTS THE FIRST COMPLETE, IN-DEPTH DIETARY PLAN FOR LIVING WITH-AND HEALING-SUGAR SENSITIVITY. SHE EXPLAINS EXACTLY HOW YOU CAN FREE YOUR MIND AND BODY FROM THE TYRANNY OF SUGAR AND SHAKE OFF THE EXHAUSTION, MENTAL FOGGINESS, AND MOOD SWINGS THAT SUGAR DEPENDENCE CAUSES. REVEALING THE VARIOUS WAYS SUGAR ADDICTION AFFECTS BOTH MEN AND WOMEN, AND THE UNIQUE METHODS FOR HEALING IT, DR. DESMAISONS ENCOURAGES YOU TO CUSTOM-TAILOR HER SIMPLE PROGRAM TO FIT YOUR LIFESTYLE AND INCLUDES INFORMATION ON • HOW TO INTEGRATE A "SLOW-CARBS NOT LOW-CARBS" STRATEGY INTO YOUR DIET • WHY REGULAR PROTEIN IS ESSENTIAL AND HOW TO GET IT WITH EVERY MEAL • WHAT TO EAT WHEN A SUGAR CRAVING STRIKES • HOW TO GET THE NUTRITION YOU NEED ON THE RUN-EVEN AT FAST-FOOD RESTAURANTS • HOW TO FIND AN EXERCISE PROGRAM YOU'LL ENJOY • TEN BREAKFASTS YOU CAN PREPARE IN A FLASH • MENUS AND RECIPES FOR EVERY LIFESTYLE AND TASTE PRACTICAL, HANDS-ON, AND READER FRIENDLY, *THE SUGAR ADDICT'S TOTAL RECOVERY PROGRAM* WILL TRANSFORM YOUR LIFE BY HELPING YOU EAT RIGHT-STARTING TODAY!

THE BEHAVIORAL ADDICTIONS MICHAEL S. ASCHER 2015-04-01 *THE BEHAVIORAL ADDICTIONS* IS THE FIRST AMERICAN PSYCHIATRIC PUBLISHING TITLE TO EXPLORE THE DIAGNOSIS AND TREATMENT OF PATIENTS WHO SUFFER FROM BEHAVIORAL ADDICTIONS, EXTREME FORMS OF WHICH SHARE SPECIFIC CHARACTERISTICS WITH SEVERE FORMS OF SUBSTANCE USE DISORDERS. THESE CHARACTERISTICS INCLUDE TOLERANCE (THE NEED TO USE THE SUBSTANCE OR PERFORM THE TROUBLESOME BEHAVIOR AT HIGHER DOSES, OR MORE AND MORE FREQUENTLY, IN ORDER TO ACHIEVE THE SAME EFFECT); WITHDRAWAL (FEELINGS OF RESTLESSNESS, IRRITABILITY, AND DISCONTENT FOLLOWING ABRUPT DISCONTINUATION OF THE SUBSTANCE OR THE BEHAVIOR); OBSESSIVE THINKING AND PLANNING THAT BLOCK OUT ANYTHING OTHER THAN OBTAINING OR ENGAGING IN THE ADDICTIVE AGENT OR BEHAVIOR; AND ACCOMPANYING EXTERNAL CONSEQUENCES IN RELATED TO FINANCES, HEALTH, INTERPERSONAL RELATIONSHIPS, LEGAL AFFAIRS, ETC. ALTHOUGH NOT ALL BEHAVIORAL ADDICTIONS ARE CURRENTLY RECOGNIZED AS SUCH BY DSM-5, BOTH SUBSTANCES AND BEHAVIORS CAN HIJACK A PERSON'S PLEASURE-AND-REWARD BRAIN CIRCUITRY, CAUSING GREAT SUFFERING. THIS CASE-BASED VOLUME IS PRACTICAL AND ENGAGING AND OFFERS MANY FEATURES THAT MAKE IT NOT ONLY INFORMATIVE BUT ALSO ACCESSIBLE AND ENTERTAINING: BEHAVIORS COVERED, BOTH THOSE WIDELY RECOGNIZED AND THOSE LESS COMMONLY ACCEPTED, INVOLVE EXERCISE, FOOD, GAMBLING, INTERNET GAMING, INTERNET SURFING, KLEPTOMANIA, LOVE, SEX, SHOPPING, WORK, TANNING, AND E-MAILING/TEXTING. INTRODUCTORY CHAPTERS DISCUSS THE RELATIONSHIP OF BEHAVIORAL OR PROCESS ADDICTIONS TO SUBSTANCE USE DISORDERS ACROSS MANY SPHERES, AND THEY PROVIDE AN OVERVIEW OF THE BEHAVIORAL ADDICTIONS FROM NEUROBIOLOGICAL, THEORETICAL, CLINICAL, AND FORENSIC PERSPECTIVES. GAMBLING DISORDER IS NOW CLASSIFIED IN DSM-5 AS A BEHAVIORAL ADDICTION, LENDING CREDENCE TO THE CONSTRUCT OF BEHAVIORAL ADDICTIONS AND PROVIDING PRECEDENT FOR FUTURE CONSIDERATION OF OTHER BEHAVIORAL ADDICTIONS, SUCH AS THOSE HIGHLIGHTED IN THE VOLUME. EACH CHAPTER FOCUSES ON A REAL-LIFE CASE STUDY OF A PATIENT WITH A BEHAVIORAL ADDICTION. VIDEOS THAT ACCOMPANY THE VOLUME DEMONSTRATE

ENCOUNTERS BETWEEN A CLINICIAN AND A PATIENT EXHIBITING AN ADDICTION. THIS PUTS MATERIAL ON ASSESSMENT, TREATMENT, ETC. INTO A REAL-WORLD CONTEXT. KEY POINTS FOR REVIEW AND MULTIPLE-CHOICE QUESTIONS ARE INCLUDED AT THE END OF EACH CHAPTER. NOT SIMPLY AN EXAGGERATION OF EVERYDAY SOCIAL AND PERSONAL AILMENTS, THESE BEHAVIORAL CONDITIONS PRESENT CLINICIANS WITH UNIQUE AND POORLY RESEARCHED CHALLENGES IN EVERYDAY CLINICAL PRACTICE. THE BEHAVIORAL ADDICTIONS HELPS THE READER TO DETERMINE NOT ONLY WHERE TO DRAW THE LINE BETWEEN HEALTHY AND UNHEALTHY LEVELS OF PARTICIPATION IN A BEHAVIOR, BUT ALSO HOW TO INTERVENE IN WAYS THAT ARE THERAPEUTIC, EFFECTIVE, AND EVIDENCE-BASED.

THE OXFORD COMPANION TO SUGAR AND SWEETS 2015-04-01 A SWEET TOOTH IS A POWERFUL THING. BABIES EVERYWHERE SEEM TO SMILE WHEN TASTING SWEETNESS FOR THE FIRST TIME, A TRAIT INHERITED, PERHAPS, FROM OUR ANCESTORS WHO FORAGED FOR SWEET FOODS THAT WERE GENERALLY SAFER TO EAT THAN THEIR BITTER COUNTERPARTS. BUT THE "SCIENCE OF SWEET" IS ONLY THE BEGINNING OF A FASCINATING STORY, BECAUSE IT IS NOT BASIC HUMAN NEED OR SIMPLE BIOLOGICAL IMPULSE THAT PROMPTS US TO DECORATE ELABORATE WEDDING CAKES, SCOOP ICE CREAM INTO A CONE, OR DROP SUGAR CUBES INTO COFFEE. THESE ARE MATTERS OF CULTURE AND AESTHETICS, OF HISTORY AND SOCIETY, AND WE MIGHT ASK MANY OTHER QUESTIONS. WHY DO SWEETS FEATURE SO PROMINENTLY IN CHILDREN'S LITERATURE? WHEN WAS SUGAR CALLED A SPICE? AND HOW DID CHOCOLATE EVOLVE FROM AN ANCIENT DRINK TO A MODERN CANDY BAR? THE OXFORD COMPANION TO SUGAR AND SWEETS EXPLORES THESE QUESTIONS AND MORE THROUGH THE COLLECTIVE KNOWLEDGE OF 265 EXPERT CONTRIBUTORS, FROM FOOD HISTORIANS TO CHEMISTS, RESTAURATEURS TO COOKBOOK WRITERS, NEUROSCIENTISTS TO PASTRY CHEFS. THE COMPANION TAKES READERS AROUND THE GLOBE AND THROUGHOUT TIME, AFFORDING GLIMPSES DEEP INTO THE BRAIN AS WELL AS STRATOSPHERIC FLIGHTS INTO THE WORLD OF SUGAR-CRAFTED FANTASIES. MORE THAN JUST A COMPENDIUM OF PASTRIES, CANDIES, ICES, PRESERVES, AND CONFECTIONS, THIS REFERENCE WORK REVEALS HOW THE HUMAN PROCLIVITY FOR SWEET HAS BROUGHT RICHNESS TO OUR LANGUAGE, OUR ART, AND, OF COURSE, OUR GASTRONOMY. IN NEARLY 600 ENTRIES, BEGINNING WITH "LA MODE" AND ENDING WITH THE ITALIAN TRIFLE KNOWN AS "ZUPPA INGLESE," THE COMPANION TRACES SUGAR'S JOURNEY FROM A RARE LUXURY TO A UBIQUITOUS COMMODITY. IN BETWEEN, READERS WILL LEARN ABOUT NUMEROUS SWEETENERS (AS WELL-KNOWN AS AGAVE NECTAR AND AS OBSCURE AS CASTOREUM, OR BEAVER EXTRACT), THE EVOLUTION OF THE DESSERT COURSE, THE PRODUCTION OF CHOCOLATE, AND THE NEUROLOGICAL, PSYCHOLOGICAL, AND CULTURAL RESPONSES TO SWEETNESS. THE COMPANION ALSO DELVES INTO THE DARKER SIDE OF SUGAR, FROM ITS TIES TO COLONIALISM AND SLAVERY TO ITS ADDICTIVE QUALITIES. CELEBRATING SUGAR WHILE ACKNOWLEDGING ITS COMPLEX HISTORY, THE OXFORD COMPANION TO SUGAR AND SWEETS IS THE DEFINITIVE GUIDE TO ONE OF HUMANKIND'S GREATEST SOURCES OF PLEASURE. LIKE KIDS IN A CANDY SHOP, FANS OF SUGAR (AND AREN'T WE ALL?) WILL ENJOY PERUSING THE WONDROUS VARIETY TO BE FOUND IN THIS VOLUME.

SALLY'S BAKING ADDICTION SALLY MCKENNEY 2016-10-11 UPDATED WITH A BRAND-NEW SELECTION OF DESSERTS AND TREATS, THE FULLY ILLUSTRATED SALLY'S BAKING ADDICTION COOKBOOK OFFERS MORE THAN 80 SCRUMPTIOUS RECIPES FOR INDULGING YOUR SWEET TOOTH—FEATURING A CHAPTER OF HEALTHIER DESSERT OPTIONS, INCLUDING SOME VEGAN AND GLUTEN-FREE RECIPES. IT'S NO SECRET THAT SALLY MCKENNEY LOVES TO BAKE. HER POPULAR BLOG, SALLY'S BAKING ADDICTION, HAS BECOME A TRUSTED SOURCE FOR FELLOW DESSERT LOVERS WHO ARE ALSO EAGER TO BAKE FROM SCRATCH. SALLY'S FAMOUS RECIPES INCLUDE AWARD-WINNING SALTED CARAMEL DARK CHOCOLATE COOKIES, NO-BAKE PEANUT BUTTER BANANA PIE, DELECTABLE DARK CHOCOLATE BUTTERSCOTCH CUPCAKES, AND YUMMY MARSHMALLOW SWIRL S'MORES FUDGE. FIND TRIED-AND-TRUE SWEET RECIPES FOR ALL KINDS OF DELICIOUS: BREADS & MUFFINS BREAKFASTS BROWNIES & BARS CAKES, PIES & CRISPS CANDY & SWEET SNACKS COOKIES CUPCAKES HEALTHIER CHOICES WITH TONS OF SIMPLE, EASY-TO-FOLLOW RECIPES, YOU GET ALL OF THE SWEET WITH NONE OF THE FUSS! HUNGRY FOR MORE? LEARN TO CREATE EVEN MORE IRRESISTIBLE SWEETS WITH SALLY'S CANDY ADDICTION AND SALLY'S COOKIE ADDICTION.

SWEET! CELEBRATIONS ELISE STRACHAN 2016-10-25 STRACHAN SHARES HER MOST DAZZLING AND DELICIOUS DESSERT RECIPES. SHE INCLUDES INGENIOUS ENTERTAINING TIPS SO YOU CAN THROW THE PERFECT PARTY, WHETHER IT'S A SNACK SHARE AT THE OFFICE, OR AN OVER-THE-TOP EXTRAVAGANZA. YOU'LL FIND THEME PARTIES FOR THE HOLIDAYS, AND RECIPES THAT WILL MAKE ANY NOVICE BAKER FEEL LIKE A PRO.