



# Your Last Diet!: The Sugar Addict's Weight-Loss Plan

*Kathleen DesMaisons*

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**From the bestselling author of *Potatoes Not Prozac*—this is the *first* diet plan specifically designed for people who are sugar sensitive.**

If you've tried every diet under the sun only to watch your weight boomerang, take heart. You may have been born with a biochemistry that makes you more vulnerable to becoming addicted to sugar. The first weight-loss program of its kind, *Your Last Diet!* pinpoints what you can do to heal your sugar sensitivity once and for all—and lose weight permanently in the process.

## **Inside you'll discover how to**

- Increase serotonin and beta-endorphin levels for appetite and mood control
- Feel more confident, energetic, and clear-minded
- Lose weight steadily—without rebounding
- Adjust eating habits for maximum health

Filled with testimonials from people who have followed the plan, lost weight, and kept it off, *Your Last Diet!* is a powerful inspiration to all who have struggled with sugar addiction and weight issues. This will truly be your *last* diet!

*From the Trade Paperback edition.*

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#### **Barbara Simon:**

In this 21st century, people become competitive in each and every way. By being competitive currently, people have do something to make all of them survives, being in the middle of often the crowded place and notice simply by surrounding. One thing that often many people have underestimated the item for a while is reading. Sure, by reading a book your ability to survive raise then having chance to remain than other is high. For you personally who want to start reading the book, we give you that Your Last Diet!: The Sugar Addict's Weight-Loss Plan book as basic and daily reading book. Why, because this book is usually more than just a book.

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