



# I Love Me More Than Sugar: The Why and How of 30 Days Sugar Free

*Barry Friedman*

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## **I Love Me More Than Sugar: The Why and How of 30 Days Sugar Free** Barry Friedman

I Love Me More Than Sugar is one cup information, two cups inspiration, and 30 days of coaching that will get you far enough away from the addiction so that you can, for probably the first time in your life, choose the relationship you want with sugar.

In this book you'll get the blow-by-blow account of what happens physically, emotionally, spiritually, socially, economically, and mentally when you decide to jump off of culture's default dietary train wreck.

Readers of this book get free lifetime access to a companion website with expanded support materials including videos, audio interviews, recipes, and more.

On February 28th, 2012, Barry's 9-year old son asked him what he was going to leap for Leap Day. Sitting in the discomfort of the king-sized frozen yogurt he just inhaled, the answer came easily - SUGAR.

Leap Day became a 30 day challenge that led to a lifestyle makeover, and the results have been nothing short of human renewal and purification: 38" waist became 32", wrinkle free skin, mental clarity, deep sleep, a quiet mind, and no memory of just how terrible a 2PM crash really feels.

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