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I Quit Sugar Sarah Wilson 9781447264286

Sarah Wilson is an Australian media personality, journalist, health coach and blogger. She's the former editor of Cosmopolitan magazine and was the host of the first series of MasterChef Australia, the highest-rating show in Australian TV history, as well as the health makeover show Eat Yourself Sexy.

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Sarah Wilson is a New York Times bestselling and #1 Amazon bestselling author and founder of IQuitSugar.com. Her new zero-waste cookbook, Simplicious Flow, was released in Australia in September 2018.

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