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In this post Gabby Bernstein offers 5 tips for how to quit sugar the Spirit Junkie way, plus a sugar-free brownies recipe.

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### **30 Reasons to Quit Coffee Cheeseslave**

Before I get into the 30 reasons to quit coffee, I want to share this personal story. Things got stressful just before the Wise Traditions conference this fall. I wasn't getting enough sleep and I was working too much. I found myself resorting to a cup of coffee here and there, and the next thing

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