SWEET POISON DAVID GILLESPIE



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David Gillespie is a father of six, a recovering corporate lawyer, a former co-founder of a successful software company and the author of eight bestselling books. His first book, Sweet Poison, published in 2008 is widely credited with starting the current Australian wave of anti-sugar sentiment.

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In Sweet Poison David Gillespie exposes one of the great health scourges of our time and offers a wealth of practical information on how to quit sugar. David Gillespie is a recovering corporate lawyer, co-founder of a successful software company and consultant to the IT industry.

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Sweet Poison Quit Plan by David Gillespie

The Sweet Poison Quit Plan is the long-awaited 'how to' supplement to the best-selling Sweet Poison. It features: * an overview of why sugar is bad and why we get addicted * a five-step plan to kicking the habit * tailored advice for men and women * a guide to sugar-free shopping (how to read the labels and what is safe/unsafe in each

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Sweet Poison Why Sugar Makes Us Fat by David Gillespie

David Gillespie is a recovering corporate lawyer, former co-founder of a successful software company and investor in several software startups. He is also the father of six young children (including one set of twins).

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