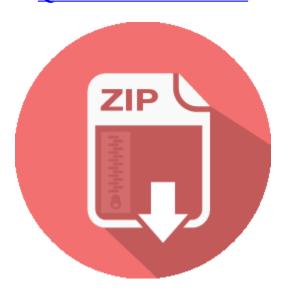
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Book Description. The huge Australian bestseller: kick the sugar habit, lose weight and change your life. About the Author. Sarah Wilson is an Australian media personality, journalist, health coach and blogger.

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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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