



# Overcoming Sugar Addiction for Life

*Karly Randolph Pitman*

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## **Overcoming Sugar Addiction for Life** Karly Randolph Pitman

If you've been trying to control your sugar cravings with will power alone, you may feel frustrated by your lack of success. Instead, dive into the program that's helped hundreds of sensitive souls find freedom from sugar addiction. The gentle tools in *Overcoming Sugar Addiction for Life* lay out a map for how you can find healing from sugar without white knuckling it. Not only does this alternative approach work, but it also feels *good*.

In her bestselling book, *Overcoming Sugar Addiction*, Karly Randolph Pitman shared her personal story of healing from sugar. In this follow up workbook, she shares the approach that offers lasting healing - what she calls healing the sugar addicted heart.

In this workbook and CD set, you'll learn how you can use self compassion, self kindness and unconditional self love to heal the roots of a painful relationship with sugar. This process softens sugar cravings, lowers stress and anxiety, and creates the safety you need to change your sugar habits.

*Overcoming Sugar Addiction for Life* includes:

6 audio CDs and a workbook. The audios give you a core concept or "how to" that you'll need to find lasting healing from sugar, and the workbook gets you out of theory and into practice - actually creating changes in your life.

- \* The workbook also contains written exercises to understand where you get stuck with sugar.
- \* Each core concept has visualizations to foster healing on a deep unconscious level.
- \* Structured support - a map to follow on what to do first, what to do next, and what to do last.

Beyond changing your relationship with sugar, this program will help you change your relationship with yourself. While weight loss or decreased bingeing are valuable rewards, those who've taken this program also report feeling greater joy, wholeness, and inner peace.

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#### **Sandra Phillips:**

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#### **Shannon Bland:**

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