

Break Out Of The Sugar Prison

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“Stop Sugar Cravings and Sugar Addiction Before They Stop YOU!”

BREAK OUT OF THE SUGAR PRISON IS UNIQUE!

Break Out Of The Sugar Prison represents a *unique* milestone in health-related literature. It is the *first ever* conjoining of Basic States mindfulness techniques with a cutting edge nutritional system. The result of which can help quickly eradicate sugar binge cravings and adverse physiological, emotional and psychological effects of excessive sugar consumption.

In this book the reader learns that sugar addiction, or any eating disorder fueled by addictive tendencies, is not necessarily indicative of personal weakness or lack of resolve to correct the problem.

The reader is guided through an easy-to-follow protocol that will, in the first instance, stimulate and foster clarity of thought about where the real problem lies. Subsequently, the reader discovers what steps can be taken, psychologically, to deal directly and immediately with strong, persistent cravings.

During the unique mindfulness exercises described in the book the reader can find viable solutions for the set of circumstances that may have created and sustained his or her strong tendencies to overindulge in sugar and sugar by-products. By daily practice of the recommended mental exercises, the reader can come to enjoy an authentic and lasting freedom of choice.

In the nutritional sections of the book the negative and positive effects of sugar consumption on the human body are explored. A suggested dietary program – The Sugar Prison Diet - with 4 separate and interchangeable components, is presented. It is offered to the reader in such a way where the suggested dietary components can be easily integrated with the daily mindfulness techniques in a simple and enjoyable manner.

The Appendix contains many useful aids to help balance and round out the entire protocol. Weekly Diet and Nutrition Worksheets and the Daily Mindfulness for Life Worksheet are designed to keep the reader accountable and focused during the protocol. The Healthy Recipes section has a number of delicious and nutritious meals and beverages preparations to help rebuild and nutritionally sustain a sugar-compromised body.

Perhaps the most useful element of the entire book is also found in the Appendix – Daily Mindfulness Flash Cards. These can be removed from the book or photocopied for ease of use, as required. One or two cards are carried with the reader to work or during leisurely pursuits.

When an unhealthy urge to binge on sugar or to - more commonly - overindulge in sugar or a sugar by-product occurs, the reader can take out one of the cards and repeat the affirmation on the card. This can be done aloud or silently. The effect is the same

and is often instantaneous. Flash cards have been found to be effective in helping to overcome compulsive, addictive behavior.

This unique approach of Basic States mindfulness and nutrition to reverse compulsive sugar bingeing and addiction is effective due to its ability to quickly arrest the thought process that leads to compulsive, addictive behavioral patterns. The reader learns how to reinforce a positive mindset through simple but effective daily mindfulness practices.

The authors learned, the hard way, about the detrimental mental, emotional and physiological effects of excessive sugar consumption and outright addiction. They decided to collaborate on this project in the hope that it would find a receptive audience within the ranks of those who are most in need of the book's message—sugar addicts.

It's a timeless book, also useful for people suffering from type 2 diabetes, hypoglycemia, most metabolic disorders, heart disease, cancer, eating disorders, arthritis and excessive weight retention.

In the final analysis, **Break Out Of The Sugar Prison** is a groundbreaking, reliable guide for anyone seeking immediate relief from the dangerous, health threatening compulsion to frequently overindulge in, or binge on, sugar and sugar by-products.

ABOUT THE AUTHORS

Shelly Young, MA, LPC, CACIII. Licensed professional counselor, certified addiction counselor, mindfulness instructor and seminar/workshop leader. Her course; *Mindfulness As a Treatment Approach for Addictive/Compulsive Behavior*, was approved by the Alcohol and Drug Abuse Division of the State of Colorado as an elective for addiction counselor trainees. She has led continuing education seminars for mental health and medical professionals in over 100 U.S. cities.

Paul Harris, BS, CN, CI. Health writer, certified nutritionist and healthcare consultant. The health-enhancing methodologies he teaches and writes about were largely inspired during the 11 years he spent studying under world renowned natural health care advocate, lecturer, author and practitioner, Bernard Jensen, DC, ND, PhD. He periodically consults with community health centers and medical clinics, nationwide, about the issue of making primary health care services available to the most disparity-prone, vulnerable and medically underserved populations.



Shelly Young



Paul Harris

BOOK INFORMATION

Title: Break Out Of The Sugar Prison

Subtitle: YOU Can Overcome Sugar Addiction With The Powerful Basic States Mindfulness System And A Cutting Edge Nutritional Program.

Authors: Shelly Young / Paul Harris

Publisher: Shelly Young / Paul Harris

Distributor: N/A

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FREQUENTLY ASKED QUESTIONS

Q. Why did you write Break Out Of The Sugar Prison?

A. Shelly Young – Shelly agreed to co-author this book in order to share with others her own battle with sugar addiction and compulsive eating habits and the powerful system she used to overcome her compulsive behavior. Shelly knew her mindfulness daily practices offered a unique and effective method to stop sugar cravings immediately and subsequently develop a renewed sense of self worth and a positive mindset that can protect against a return to sugar bingeing and sugar addiction.

Paul Harris – Paul made a solemn promise to his mother on her deathbed, in Queens, New York, that he would never let what she went through happen to anyone else, if he could help it. Paul's mother died, unnecessarily, due to a lack of knowledge about what to do when compulsive eating habits rule your life. She succumbed to complications arising from type 2 diabetes and breast cancer. She paid the ultimate price for her dietary indiscretions. From his perspective, this book is dedicated to his mother and to sugar addicts everywhere who want or need help overcoming their compulsive, addictive behavior but don't know where to go to find it.

Q. What do your title and subtitle mean?

A. Break Out Of The Sugar Prison is a call to stop the compulsive behavior and tunnel vision thought process that leads to sugar bingeing and sugar addiction. In the book, we describe a breakthrough technique, combining Basic States mindfulness and nutrition, that can help anyone serious about overcoming sugar addiction.

Q. Who is your intended audience?

A. Avowed sugar addicts who don't know how to correct the problem; people who suspect a problem with excessive sugar consumption but due to a lack of knowledge aren't aware of the severity of their problem; children who have developed behavioral disorders due to abnormally high sugar consumption; also people with type 2 diabetes, hypoglycemia, most metabolic disorders, heart disease, cancer, eating disorders, arthritis and excessive weight retention.

Q. What are your qualifications for writing this book?

A. Shelly Young is a certified addiction counselor, therapist and mindfulness instructor. She has extensive experience helping clients with eating disorders to quickly overcome compulsive, addictive behavior and regain freedom of choice with unique mindfulness daily practices. She was once a victim of compulsive sugar bingeing and permanently overcame her sugar addiction using mindfulness methods similar to the techniques mentioned in the book.

Paul Harris is a health writer, certified nutritionist and healthcare consultant and a former sugar addict. The natural diet he describes in the book was largely inspired by his work with patients in-clinic and also by the 11 years he spent studying under Dr.

Bernard Jensen, at his Hidden Valley Health Ranch and sanitarium, in Escondido, California. Jensen had a strong interest in the ability of food to heal or do harm, depending on a person's daily dietary habits. Paul periodically consults with community health centers and medical clinics, nationwide, about the issue of making primary health care services available to the most disparity-prone and medically underserved populations.

Q. How does your book benefit the reader?

A. Most sugar addicts are aware that they eat and drink more sugary foods and beverages than they should, but they don't have a clue about how to stop this destructive, compulsive behavior. We show them how to easily stop sugar cravings 'right now' – on the spot. That's what makes our book and technique unique.

Q. Has your book won any awards?

A. It hasn't been submitted yet for any awards or particular recognition or achievement.

Q. Are you planning on writing any other books (or do you have any other books)?

A. Shelly has also written a childrens' book ; Benny The Bunny. Paul authored; Superior Health Dr. Bernard Jensen's Way. It was a tribute to the life work and teachings of Dr. Bernard Jensen, his best mentor. He has also authored 10 ebooks focusing on specific health issues.

Shelly and Paul are working on ideas for future writing projects that will focus on compulsive, addictive tendencies, uncontrolled urges and "driveness," as they show up in our lives as serious eating disorders; drug, alcohol and smoking addiction; low self esteem; hatred; resentment; anger; depression and aggression.

ENDORSEMENTS

"What sets this book apart from others on the topic is specific methods to deal with cravings, 'right now'. Ground breaking material!"

— Elene Loecher
Dan Anderson Renewal Center
Hazelden Foundation

"Sugar is without question the greatest dietary threat to our health today. In addition to leading to heart disease, diabetes, high blood pressure and cancer, sugar and sugary foods are highly addictive substances for most people. Shelly Young and Paul Harris have laid out an effective program to help you break the bonds of this addictive substance once and for all. You owe it to your health to read this book."

— Terry Grossman, M.D.
Medical Director
Grossman Wellness Center, Denver, Colorado

"The lucid and powerful mindfulness techniques described in this book can help eradicate the root causes of suffering, stress and other discomforts that drive addictive behavior – not merely the symptoms! I am confident that this book will help many people to successfully overcome their addictions."

— John Carbone, M.D.

PROMOTIONS

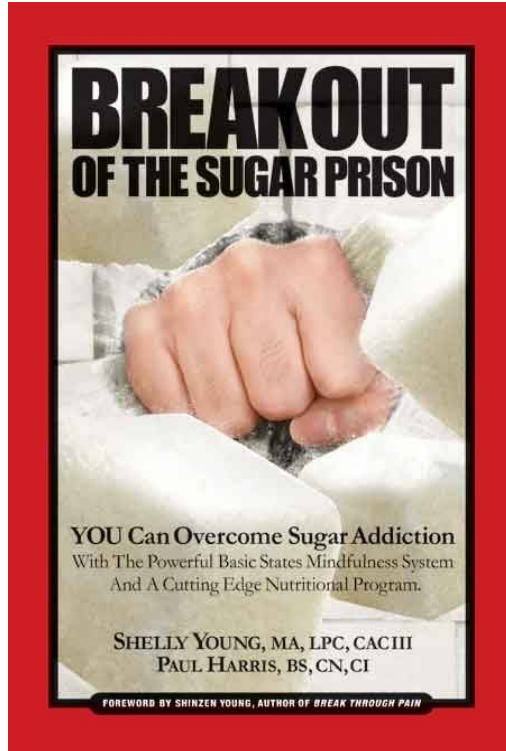
2010

- March – Signed with *Ink Tree Ltd* of Calgary, Canada, for foreign rights sales representation.
- March – Soft cover version of book placed with Amazon.com.
- July – Signed with Premium Book Company, Avon, CT (Brian Jud), for special promotions marketing to target markets.
- Radio, online, print and television media, teleseminars, webinars and workshops planned for 2010-2011.

ONGOING PROMOTIONS

- Ink Tree Ltd, Calgary, Canada.
- Premium Book Company, Avon, CT.
- Amazon.com.

BREAK OUT OF THE SUGAR PRISON



Media review copies available upon request.

Authors are available for interviews.

CONTACT INFORMATION

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