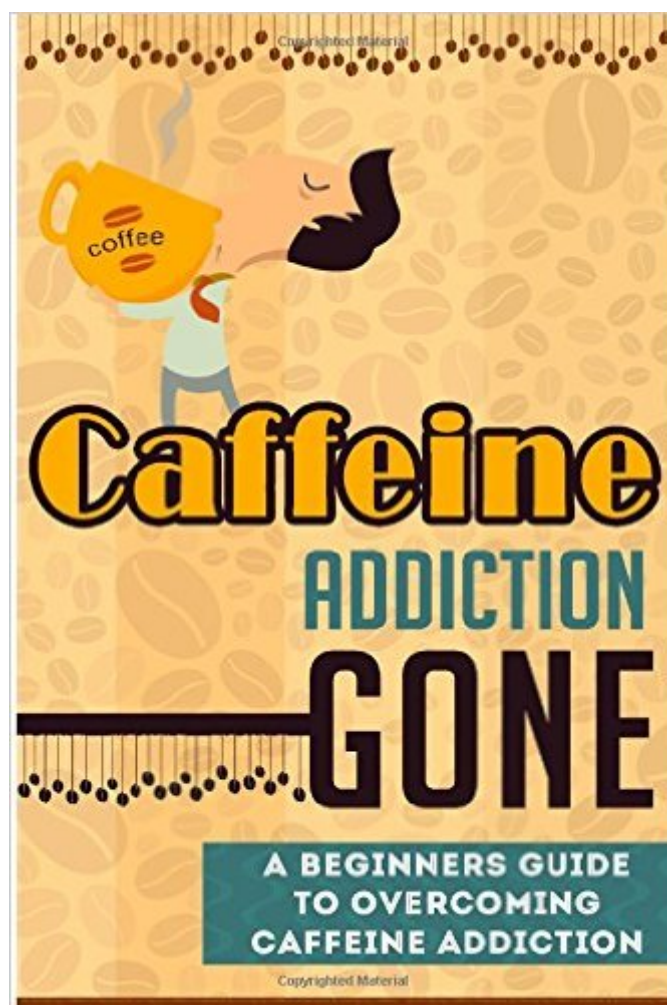


The book was found

Caffeine Addiction Gone - A Beginners Guide To Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction)



Synopsis

The Best Guide To Overcome Caffeine Addiction Caffeine Addiction Gone *** BONUS! : FREE Natural Remedies Report Included !! *** * * * LIMITED TIME OFFER! * * * Over 80% of Americans drink coffee or consume caffeine-infused beverages and foods. The hook of caffeine in the society is so strong that you find caffeine addiction as a normal and regular thing. The media, with various television advertisements and social networking, associated consuming caffeine-infused products as something chic and cool. They convey a subtle yet powerful message that pushes people to consume more and more caffeine and treat it as if it is a regular, if not a healthy, option. Caffeine addiction is bad for your health. It is a given. The following chapters of this book will eventually show you some of the damaging effects that caffeine does not only to your health, but also to the many facets of your life and your system. You may not know it at first, but before you succumb to the damaging effects of caffeine addiction, you need to recognize first what makes you an addict. 7 Reasons To Buy This Book = > 1. Its Short And Informative No Fluff!! = > 2. This Book Is Straight Forward And Gets To The Point = > 3. It Has A Great Concept = > 4. Learn What You Need To Know FAST! = > 5. Donâ™t Waste Hours Reading Something That Wonâ™t Benefit You = > 6. Specifically Written To Help And Benefit The Reader! = > 7. The Best Compact Guide To Learn What You Need To Learn In A Short Period of Time Check Out What You Will Learn After Reading This Book Below!! How To Recognize If Your Caffeine Addict The Effects Of Caffeine That Causes Addiction The Different Sources Of Caffeine The Different Steps To Overcome Addiction The Damaging Effects In Your Health Of Caffeine Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book, You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device ----- Tags: Caffeine, Caffeinated, Caffeine Addiction

Book Information

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Best Sellers Rank: #3,458,434 in Books (See Top 100 in Books) #60 inÂ Books > Health, Fitness & Dieting > Nutrition > Caffeine

Customer Reviews

I really enjoyed reading this book. It tells you the best solutions to at least reduce your caffeine consumption for good. It has great tips and advice that is extremely educative; providing useful background to the origin and components of caffeine. Awesome read.

This is just what I needed to help me kick this habit. I was starting to get the mid day caffeine lul and all I wanted was more caffeine. This book helped me (who knew there were so many natural herbs to help with this?!) and now instead of reaching for my second (or first) cup of joe, I wake up feeling great and it lasts all day long!!

This was a joke. First of all, its not a book, it's a pamphlet & it's poorly written and with a ton of mistakes. The pages also seemed to be put in backwards. Also, on one page it is talking about how much caffeine is in tea, and then on another page it is encouraging you to drink green tea....???You could find much more information by just doing a google search on caffeine addiction. There was absolutely nothing of value in this for me and I wish I didn't waste my money on it. Very disappointed.

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