

Stilton Literary Agency



Addicted to Sugar? Get healthy without sugar

Original title: Sukkeravhengig? Bli frisk uten sukker
Publisher: Gyldendal Norsk Forlag 2021
Non Fiction / Health, Body and Mind

Do you have a sugar addiction?

By changing your diet and becoming aware of various trigger-foods in combination with other methods presented in this book, you can get your life back on track.

Is it possible to be dependent on sugar and other refined carbohydrates such as bread, pasta, rice or potato chips? Many people experience that after a short time the “stop button” in their brain vanishes and their good intentions fall to the wayside.

For many people, sugar addiction can overshadow everything else, making life joyless and without hope.

The book contains:

- Definition and test of sugar addiction that might just be a revelation to you
- Personal stories about sugar addiction and a way of kicking the habit.
- Specific methods you can use
- 40 tasty sugar-free / ketogenic recipes

For many years author Bente Josefsen struggled with a sugar addiction and was in despair. With this book, Bente offers you the help and information she lacked during all those years she herself struggled.

Bente Josefsen

Bente Josefsen is educated in addiction medicine, specialization in sugar addiction. She is the only one in Norway with this background, offering assistance to people with sugar addiction. In addition to being a trained sugar addiction therapist, she is also educated in work-oriented rehabilitation as well as a wellness consultant and communicator.

For the past 14 years Josefsen has held courses, given lectures and worked with coaching. She is known for her expertise in sugar addiction, positive outlook and the ability to inspire. She is often seen in media.

In January 2021, Bente Josefsen published the book Addicted to Sugar? Better health without sugar (Gyldendal Publishing). The book immediately became a bestseller.