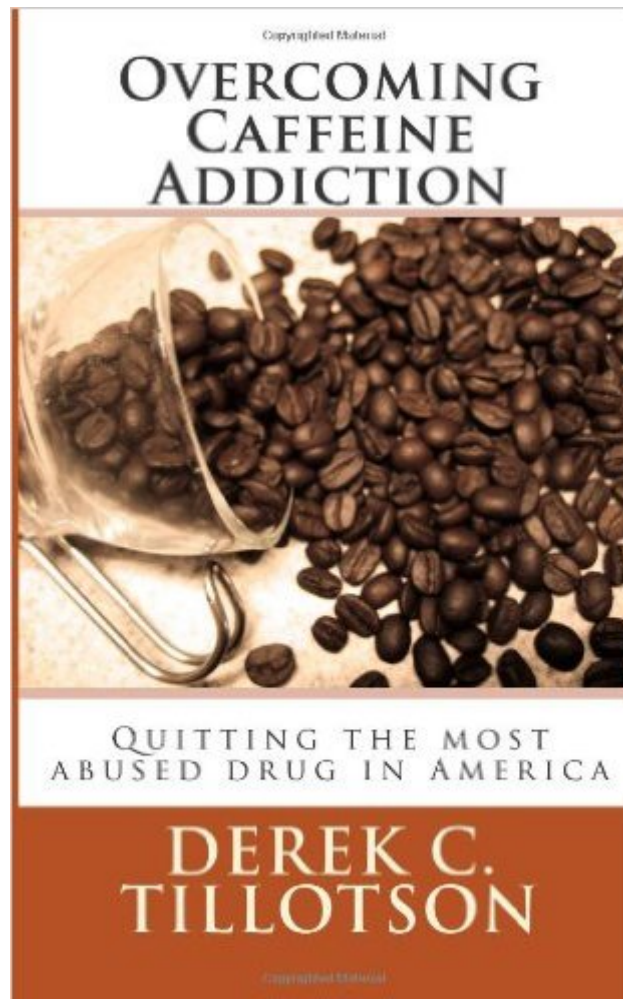


The book was found

# Overcoming Caffeine Addiction: How To Stop Using The Most Abused Drug In America



## Synopsis

Do you need your morning coffee to get through the day? Do you get headaches or a bad attitude when you miss it? Derek Tillotson knows the effects of caffeine and has fought to kill his addiction. This brief book will highlight what he went through, what results appeared, and provide a brief guide to what common foods and snacks contain caffeine, the most abused drug in America. This book was written as part of a self-imposed, 48-hour, "write a book" challenge. You can check out more about Derek Tillotson at his blog: <http://derektilotson.com>

## Book Information

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Product Dimensions: 5 x 0.1 x 8 inches

Shipping Weight: 3.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #3,219,179 in Books (See Top 100 in Books) #57 in Â Books > Health, Fitness & Dieting > Nutrition > Caffeine

## Customer Reviews

This book was so interesting to read. The author wrote it with what appears to be his intention of sharing a personal story, not lecturing or asking you to stop. I found this a quick light read and would like to read more in the future as this young author continues to write

This was a great read while enjoying my morning cup of coffee. It's a short book and limited my intake to just 2 cups! Rates a perfect 5 cups outta 5.

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Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself (Fawcett Book) Gambling Addiction Cure: Discover Easy Steps on How to Stop Gambling Addiction Problems [Newly Revised Book] Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life

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