

Shark Tank Keto Pills Episode 2021 YouTube: A Viral Sensation

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us or our behavior. If knowing was enough we would all be winning gold medals and gold stars in every area of our life. If anything, knowing just makes it feel worse... we know better so why aren't we doing better? Knowing becomes just another reason for us to feel bad about ourselves. The next step to knowing is to try and do something about it. We take matters into our own hands and attempt to turn our sugar-loving switch from on to off. This is not a painless process, and just when we feel we're making ground something happens to throw us off and we're on a mission to hunt down any sugar we can find and back at the start. When we decide to target our sugar dependency, we attack the sugar itself, we clear the pantry, empty the house of all products and declare sugar the enemy. And this is fine... except it doesn't work. When we create an action plan like this, we're a few steps too far ahead and facing the wrong direction. We don't address what's really happening. The key: target the true problem, not the side-effect of the problem. And sugar cravings are the side-effect, they're the symptom of the real problem, and treating symptoms never makes the problem resolve. The only way to create true, long- standing change is to address the root cause.... otherwise you're just wasting your time and prepping yourself for another future sugar-binge.
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