

42 LANGUAGES

#1 INTERNATIONAL BESTSELLERS

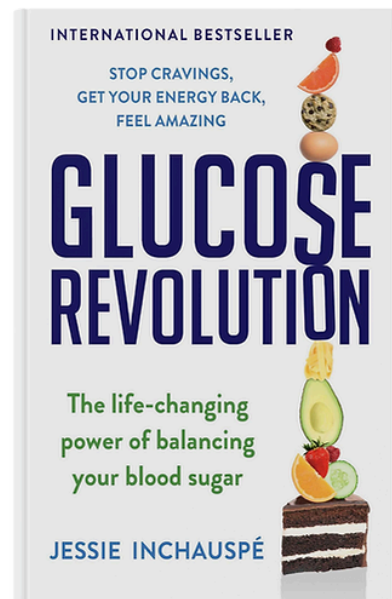
Over 1 MILLION BOOKS.sold

GLUCOSE REVOLUTION

2022

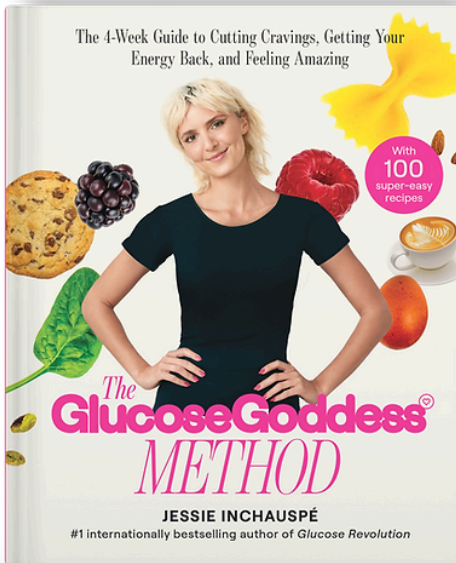
The book that started the movement. In *Glucose Revolution*, you will learn everything there is to know about glucose. Why you should care, why it impacts every aspect of our lives, from cravings to fertility to type 2 diabetes, and 10 science-backed hacks to manage it. This book features Jessie's personal story and dozens of stories from people in the Glucose Goddess community.

[See more](#)




THE SUNDAY TIMES
#1 BEST SELLER

**#1 INTERNATIONAL
BEST SELLER**



The GLUCOSE GODDESS METHOD

2023

After the success of *Glucose Revolution*, readers started reaching out to Jessie. Their request? Help to get started in their journey to steady glucose. *The Glucose Goddess Method* is the answer: a 4-week, 4-step plan to incorporate the most powerful glucose hacks into habits. Complete with 100+ recipes, a workbook, and testimonials from 2,700 people who participated in the pilot experiment testing the Method before anyone else.

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