



The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate

Julie Pech

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Take advantage of the health benefits of chocolate with this informative guide

Dark chocolate sales are on the rise as people embrace the concept that chocolate can truly be good for them. But how do they know *what to eat, how much, and which kinds are the best?*


The Chocolate Therapist answers these questions and more. This book has everything a person needs to know to select the best chocolate for health. Both informative and entertaining, it includes alphabetized ailments, each with a chocolate recommendation, followed by supporting research as to how and why it helps the body.

The Chocolate Therapist also includes a collection of chocolate necessities:

- Wine & chocolate pairing section with over 40 wines and three chocolate pairings for each wine.
- Wine aroma and chocolate flavor wheels to help readers discover new flavors and combinations in both the wines and the chocolates.
- The Chocolate Bible: A unique compilation of websites, chocolate companies, international brands and research sites.
- A "Where Do You Hide Your Chocolate" section, a laugh-out-loud chapter for anyone who has ever hidden a piece of chocolate
- Over 60 alphabetized ailments from Alzheimer's to Weight Loss

The Chocolate Therapist helps readers discover what author Julie Pech has known for years. The only difference between guilt-ridden and guilt-free chocolate enjoyment is simply *education*, and this book has it all!

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Paul McKinney:

The reason why? Because this The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate is an unordinary book that the inside of the guide waiting for you to snap it but latter it will zap you with the secret this inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

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