



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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From reader reviews:

Milton Jones:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate can be very good book to read. May be it can be best activity to you.

Ida Vanwormer:

In this time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The book that recommended for your requirements is The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate this book consist a lot of the information with the condition of this world now. That book was represented how does the world has grown up. The words styles that writer value to explain it is easy to understand. Typically the writer made some analysis when he makes this book. Here is why this book suited all of you.

Mark Hernandez:

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Harriet Dupree:

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Extraordinary Health Benefits of Chocolate can to be your new friend when you're experience alone and confuse with what must you're doing of these time.

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