

Taking Chocolate To Heart For Pleasure And Health Nca

Treat yourself to 77 true stories that celebrate life and capture the essence of what it means to be a woman. Like chocolate, these stories soothe, satisfy, and delight -- better yet, they're good for you! Written by and for women, here are heartfelt insights on commitment, compassion, work, marriage, friendship, motherhood, love, courage, spirituality, passion, and dozens of other topics. Contributors share their most personal experiences -- funny, poignant, powerful, and uplifting -- as they inspire you to jump-start your own life, discover your talents and vocations, overcome old fears, find love, and let your dreams take flight. Like a box of chocolates, this book can be enjoyed in one sitting, or you can pick out treats at random and savor them one at a time. Whether you want a good laugh or need a good cry, the perfect "chocolate story" is right here, waiting for you!

Nicole Michelin avoids airplanes, motorcycles, and most of all, Japan, where her parents once were missionaries. Something happened in Japan...something that sent Nicole and her father back to America alone...something of which Nicole knows only bits and pieces. But she is content with life in little Mount Olive, North Carolina, with her quirky relatives, tank of lively fish, and plenty of homemade pineapple chutney. Through her online column for the Pretty Fishy Web site, she meets Harrison Michaels, who, much to her dismay, lives in Japan. She attempts to avoid him, but his e-mails tug at her heart. Then Harrison reveals that he knew her as a child in Japan. In fact, he knows more about her childhood than she does...

Mackenzie's Ten Thousand Receipts, published in 1865, aimed to provide the reader with all practical household recipes. As he notes, "In truth, the present volume has been compiled under the feeling, that if all other books of Science in the world were destroyed, this single volume would be found to embody the results of the useful experience, observations, and discoveries of mankind during the past ages of the world."

For the nearly 78 million Americans with hypertension, a safe, effective lifestyle plan—incorporating the DASH diet principles and much more—for lowering blood pressure naturally If you have high blood pressure, you're not alone: nearly a third of adult Americans have been diagnosed with hypertension, and another quarter are well on their way. Yet a whopping 56 percent of diagnosed patients do not have it under control. The good news? Hypertension is easily treatable (and preventable), and you can take action today to bring your blood pressure down in just four weeks—without the potential dangers and side effects of prescription medications. In **Blood Pressure Down**, Janet Bond Brill distills what she's learned over decades of helping her patients lower their blood pressure into a ten-step lifestyle plan that's manageable for anyone. You'll:

- harness the power of blood pressure power foods like bananas, spinach, and yogurt
- start a simple regimen of exercise and stress reduction
- stay on track with checklists, meal plans, and more than fifty simple recipes

Easy, effective, safe—and delicious—**Blood Pressure Down** is the encouraging resource that empowers you, or your loved ones, to lower your blood pressure and live a longer, heart-healthy life.

Eat to Beat Disease

A Novel in Monthly Installments with Recipes, Romances, and Home Remedies

A Century of Panic and Pleasure

From New Mom to Just Like You, Mom

Everybody's Magazine

Rain Song (Heart of Carolina Book #1)

A watermelon-size uterus, leaky double-D breasts and skin striated with stretch marks feel like monumental changes to a pregnant woman. But these outward indignities only hint at the invisible but dramatic metamorphosis of mind and soul that inwardly is creating a mother. Full Hands, Full Heart, Full Circle is one woman's candid account of that transformation. Cathy Carmode Lim finds herself overwhelmed, full of doubts and frustration, as she attempts to raise two little girls. But even as she struggles, she also gradually becomes full of appreciation not just for the tender moments of being a mother but of having one too.

The word "chocolate" is said to be derived from the Mayan word "xocoatl." In fact, the Mayans, who occupied the Yucatan Peninsula in Mexico starting in the 3rd century, were the first people to unlock the secrets of cacao seeds to make chocolate paste. In this ebook, you'll find helpful tips on: -Master The Art Of Making Chocolate With These 6 Tips -The Secrets To Finding World Class Tools For Your Making Chocolate Quickly -The Ultimate Secret Of Making Chocolate That The Whole Family Will Love -And More

The bestselling phenomenon and inspiration for the award-winning film. Earthy, magical, and utterly charming, this tale of family life in turn-of-the-century Mexico blends poignant romance and bittersweet wit. This classic love story takes place on the De la Garza ranch, as the tyrannical owner, Mama Elena, chops onions at the kitchen table in her final days of pregnancy. While still in her mother's womb, her daughter to be weeps so violently she causes an early labor, and little Tita slips out amid the spices and fixings for noodle soup. This early encounter with food soon becomes a way of life, and Tita grows up to be a master chef, using cooking to express herself and sharing recipes with readers along the way.

Eat Chocolate, Lose Weight is a game-changing look at the world's most surprising (and luscious) health food: chocolate. Based on new groundbreaking research and the amazing results of his clients, who have lost more than 100 pounds, nutritionist and neuroscientist Dr. Will Clower dispels the myth that chocolate is just a "junk food" by revealing how this succulent food contains healthy antioxidants that can actually help you lose weight. All you have to do is take the Chocolate Challenge: an 8-week plan that reveals which type of chocolate is the healthiest and exactly how you should be eating it to maximize all of its surprising health benefits, including: - Weight loss of up to 20 pounds in 8 weeks - Reduced food cravings and appetite - Prevention and reversal of diabetes - Improved dental health - Significant improvement in blood pressure - Enhanced energy levels (up to 50%!) - Increased skin moisture and UV protection - And more! With Eat Chocolate, Lose Weight, Dr. Clower is finally bringing his incredibly successful-and delicious-plan to chocolate lovers everywhere!

The Lighter Side of Dark Chocolate

Simple, Delicious Recipes to Help You Balance Your Blood Sugars

A Man's Road Map to a Healthy Heart

The Chocolate Heart

Mackenzie's Five Thousand Receipts in All the Useful and Domestic Arts

Rock Your Heart Out

Dispelling the myth that chocolate is just a "junk food," Dr. Will Clower uses cutting-edge research to highlight the health benefits of consuming chocolate on a daily basis. Readers will learn how the antioxidants found in chocolate can boost metabolism and how, by eating chocolate in specific ways, they can pull their "sweet tooth" so they eat less sugar and control cravings. Eat Chocolate, Lose Weight features the Chocolate Challenge—an 8-week, science-based plan designed to help readers relieve stress, promote heart health, lower blood sugar, stop cravings, increase metabolism, and shed pounds. Featuring a 6-week meal plan and more than 50 delicious chocolate recipes, Eat Chocolate, Lose Weight contains meal options for days when readers can't get enough of their favorite flavor, as well as times when they may want to hide chocolate in other foods while still taking advantage of its health benefits. The book also includes information on which chocolate provides the most health benefits and weight loss and the optimal amount of daily chocolate intake. Complete with stories and tips from real people who have tried the plan and lost more than 75 pounds, readers can finally have their chocolate and eat it too!

Author Megan Giller invites fellow chocoholics on a fascinating journey through America's craft chocolate revolution. Learn what to look for in a craft chocolate bar and how to successfully pair chocolate with coffee, beer, spirits, cheese, or bread. This comprehensive celebration of chocolate busts some popular myths (like "white chocolate isn't chocolate") and introduces you to more than a dozen of the hottest artisanal chocolate makers in the US today. You'll get a taste for the chocolate-making process and understand how chocolate's flavor depends on where the cacao was grown — then discover how to turn your artisanal bars into unexpected treats with 22 recipes from master chefs. For most Americans, candy is an uneasy pleasure, eaten with side helpings of guilt and worry. Yet candy accounts for only 6 percent of the added sugar in the American diet. And at least it's honest about what it is—a processed food, eaten for pleasure, with no particular nutritional benefit. So why is candy considered especially harmful, when it's not so different from the other processed foods, from sports bars to fruit snacks, that line supermarket shelves? How did our definitions of food and candy come to be so muddled? And how did candy come to be the scapegoat for our fears about the dangers of food? In Candy: A Century of Panic and Pleasure, Samira Kawash tells the fascinating story of how candy evolved from a luxury good to a cheap, everyday snack. After candy making was revolutionized in the early decades of mass production, it was celebrated as a new kind of food for energy and enjoyment. Riding the rise in snacking and exploiting early nutritional science, candy was the first of the panoply of "junk foods" that would take over the American diet in the decades after the Second World War—convenient and pleasurable, for eating anytime or all the

time. And yet, food reformers and moral crusaders have always attacked candy, blaming it for poisoning, alcoholism, sexual depravity and fatal disease. These charges have been disproven and forgotten, but the mistrust of candy they produced has never diminished. The anxiety and confusion that most Americans have about their diets today is a legacy of the tumultuous story of candy, the most loved and loathed of processed foods. Candy is an essential, addictive read for anyone who loves lively cultural history, who cares about food, and who wouldn't mind feeling a bit better about eating a few jelly beans.

Short works written by and for women offer insights on commitment, compassion, work, marriage, friendship, motherhood, love, and spirituality

England

A Secure Heart

Hatteras Girl (Heart of Carolina Book #3)

Tidings of Joy and Heart of the Family

Take the Kids

Take Charge

A spoiled heiress and a perfectionist chef, both starved for love, find plenty to feast upon in this complex romance by the author of *The Chocolate Touch*. Mille-Feuilles can't buy you love . . . No one hates Paris—except Summer Corey. The moody winters. The artists and their ennui. The inescapable shadow of the Tour Eiffel. But things go from bad to worse when Summer stumbles into brooding, gorgeous chef pâtissier Luc Leroi and indecently propositions the hero of French cuisine . . . Luc has scrambled up from a childhood panhandling in the Paris Métro to become the king of his city, and he has no patience for this spoiled princess, even if she does now own his restaurant. Who cares if she smiles with all the warmth of July? She doesn't eat dessert! There is only one way to tempt her. A perfect, impossibly sweet seduction . . . Praise for *The Chocolate Heart* "Florand outdoes herself with this exquisite confection. . . . This contemporary romance is as painstakingly crafted and decadent as the sweets it portrays, leaving the reader longing for just one little taste." —Publishers Weekly, starred review "Chocolate, Paris, and a Greek god for a hero; this delectable confection has it all!" —Library Journal "All the elements of (Florand's) successful recipe for reading pleasure—headstrong heroine, dashing hero, sinful desserts, and sultry situations—come together in another deliciously entertaining offering." —Booklist

What does it take to secure a heart? For the Smith Security Services team it's *Flowers, Chocolate, Wishes, and Sparks!* *Flowers: Fashion Designer Flower Calloway's* next big show could make her famous all over the world, but she ends up uncovering a few secrets that could break her heart instead. *Chocolate: A* quick trip to the store for some chocolate therapy, and a fateful encounter with a few gorgeous men,

shakes up F.B.I. Agent Genie Cook's once secure life. Wishes: For Jacob and Gracie, it is love at first sight, but it will take more than a few wishes to hold them together when Jacob's career threatens to tear them apart. Sparks: Twin brothers Weave and Bob are hardened fighters, but two special women are going to have them throwing off sparks instead of punches.

Organized by season, provides nutritious recipes, side dish tips, cooking hints, shortcut techniques, meal planning advice, and an itemized grocery list arranged by product.

"Tidings of Joy: Moving to Sweetwater will mean a fresh start for Chance Taylor. Falling for his landlady, Tanya Bolton, can't be part of that new beginning. Not with the secret he holds heavy in his heart. But as Chance helps the hardworking single mother and her special-needs daughter find joy during the holiday season, he just may get the gift of a lifetime"--Page 4 of cover.

The Insider's Guide to Making Chocolate

Chocolate Heart Murder

Mackenzie's Ten Thousand Recipes

Herald and Presbyter

77 Stories to Feed Your Spirit and Warm Your Heart

Chocolate as Medicine

Kids and traveling become a great combination with Cadogan's landmark, comprehensive, and thoroughly entertaining child-friendly England. With unique ideas, top tips and practical travel advice on choosing the best vacation, travelers will spend the time of their lives. Explore the native country of Winnie-the-Pooh, Peter Pan, and Harry Potter, and run riot round Eton, resorts, theme parks, and castles, not to mention the fastest roller coaster and biggest Ferris wheel in the world. This guide features a detailed section on London, including spotting the stars at Madame Tussauds and boarding the buses at the Transport Museum. Extensive, personally reviewed listings of places to stay and eat complete this fun, colorful, and imaginative guide.

The Mesoamerican population who lived near the indigenous cultivation sites of the "Chocolate Tree" (*Theobroma cacao*) has a multitude of documented applications of chocolate as medicine, ranging from alleviating fatigue to preventing heart disease and treating snakebite. Until recently, these applications have received little sound scientific scrutiny. Rather, it has been the health claims stemming from Europe and the United States which have attracted considerable biomedical attention. This book, for the first time, describes the centuries-long quest to uncover chocolate's potential health benefits. The authors explore the types of evidence used to support chocolate's use as medicine as well as note the ongoing tension over categorizing it as food or medicine, and more recently, as functional food or nutraceutical. The authors, Wilson an historian of science and Hurst an analytical chemist in the chocolate industry, bring their collective insights to bear upon the development

practices surrounding the use of chocolate as medicine. Chocolate's use in this manner is explored first among the Mesoamerican peoples, then as it is transported to Europe, and back into Colonial North America. The authors then focus upon more recent bioscience experimental undertakings which have been aimed to ascertain both long-standing and novel suggestions of its efficacy as a medicinal and a nutritional substance. Chocolate's reputation as the most craved food boosts this book's appeal to general and biomedical scientists, cacao researchers, ethnobotanists, historians, folklorists, and healers of all types as well as a general reading audience.

Like most men today, you're probably busy trying to juggle family and job responsibilities. Maybe you are career focused, maybe you are trying to spend quality time with your children. Maybe you are trying to be a good husband or are committed to a successful relationship. Perhaps you have other interests that consume a part of your time. At the end of the day, maybe you just don't have enough time to focus on the most important responsibility that you should be committing yourself to - your own health. What if that improving your heart health might help your career or strengthen your relationships or even improve your sex life? Are you interested? Developing a healthy lifestyle can help you live longer and better. Take a little time to read our book. We'll show you some simple things that maybe you didn't know that just might save your life.... Margie Latrella and Carolyn Strimiker are nurse practitioners specializing in the prevention of heart disease and stroke. They have over 40 years of combined professional experience in Cardiology. The main goal of their work is to counsel, motivate and empower people to adopt healthy lifestyles.

Lightning Ridge, Australia, the world's opal capital, has miners from over fifty countries, who brought with them their own religious beliefs, traditions, and memories. Gradually they created a unique society with a new culture, character, mores, and ideals. You never know who is who in Lightning Ridge, says Bill, an old opal miner. Aborigines and Europeans, doctors and illiterates, policemen and criminals, all camp next to each other, looking for the same rainbow in the clay beneath the earth. Prospectors come to Lightning Ridge in search of the elusive rainbow gem that will make them instantly rich and respected. To find a red-on-black opal is the dream these opal miners live on. Rattening is the worst crime possible in an opal mine. Ratters are miners who masquerade as prospectors, but they wait until a miner hits opal and then loot his mine. The book is also about the women who loved and followed their adventurous men searching for their rainbow in the heart of Australian wilderness. ? The seven stories in this book are based on real people and events. Each story can be read separately or together. Set in Lightning Ridge and in Canberra, the tales span from 1938 to present day.

Chocolate for a Woman's Soul

Full Hands, Full Heart, Full Circle
Candy

Taste of Home Chocolate

Association Men

Children working the cocoa plantations for Americas chocolate. Would you ever dream of such abuse happening to five-year-old boys and girls, children being worked worse than animals on the cocoa plantations to get the cocoa bean, the main ingredient in chocolate, to America. The cocoa beans are covered with the blood, sweat, and tears of five-year-old children sold for slave labor to work on the cocoa plantations. Everyone has limited freedoms, even in America. We protect our children. They dont have to work on cocoa plantations like five-year-old children in Africa. What should we do about the children who are being abused? Laws are in place. The International Labor Organization, Convention laws, and the Convention of the Rights of the Child, these laws are not being enforced. American people want chocolate but are not aware of the abuse taking place on the Ivory Coast of Africa and Ghana, where 60 percent of the cocoa beans in the world are produced on the cocoa plantations. The cocoa plantations on the Ivory Coast of Africa and Ghana are noted as being the worst form of child slavery in the history of the world. Five-year-old children are working one hundred hours a week. Children are sold into slavery and will never have a childhood or education. Children working to get cocoa beans to America so the chocolate industries can produce chocolate while ignoring the laws in place. Five-year-old children are being raped, sodomized, beaten with bike chains, and possibly murdered trying to escape the cocoa plantations? Chocolate is a trillion-dollar industry. Five-year-old children are being used as child sex slaves, in sex trafficking, and organ trafficking? Why, America, why? Please help the children!

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other

debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Have high blood pressure? Try a square of dark chocolate. Worried about cardiovascular disease? Snack on some dark chocolate chips. From the time of the Aztec Indians, the cocoa bean has been cherished as a “food of the gods.” They may have been on to something because in this book, George Rapisarda shows how dark chocolate contains powerful flavonoids that can help promote heart health. This book is filled with delicious recipes such as that are low in calories and filled with antioxidants coming from dark chocolate.

From succulent cakes and velvety truffles to frosty milkshakes and blended coffee drinks, chocolate turns any moment into a special occasion. Turn to this all-new collection when you want to savor every chocolatey delight your heart desires. Impressive cheesecakes, family-favorite brownies, adorable cupcakes, holiday dessert staples, happy-hour martinis and more...they're all here in this delightful collection of chocolate greats Turn to this all-new collection when you want to savor every chocolatey delight your heart desires. Impressive cheesecakes, family-favorite brownies, adorable cupcakes, holiday dessert staples, happy-hour martinis and more...they're all here in this delightful collection of chocolate greats. Take a look inside, and you'll discover just how easy it is to enjoy a little Chocolate any day of the week! CHAPTERS Bites & Beverages Fudge, Truffles & More Bakeshop Favorites Brownies, Bars & Cookies Cakes & Pies Frosty Specialties Decadent Desserts Enticing Extras RECIPES Chocolate Martini Irish Cream Drink Chocolate-Covered Bacon White-Chocolate Snack Mix Chocolate Chip Pumpkin Bread S'more Monkey Bread Muffins Peanut Butter-Chocolate Brownies Crinkle-Top Cookies Turtle Cupcakes Icebox Cookie Cheesecake Dark Chocolate Bark Mocha-Nut Truffles

The Great American Heart Hoax

The Menus, Recipes, And Shopping Lists To Bring Your Family Back To The Table

The Cocoa Plantations America'S Chocolate Secret Forced Child Labor, Rape, Sodomy, Abuse of Children, Child Sex Trafficking, Child Organ Trafficking, Child Sex Slaves

Young Men

The Dragon with a Chocolate Heart

Preventing & Reversing Heart Disease For Dummies

A Type I, II, or Prediabetes Diagnosis Doesn't Mean an End to Enjoying Fun, Delicious Food With this collection of recipes from registered dietitian nutritionist and Milk & Honey Nutrition® founder Mary Ellen Phipps, you can still make the quick, easy, and tasty foods you love while balancing your blood sugars and managing your diabetes. Diagnosed with type I diabetes when she was five, Mary Ellen uses

both her professional and personal experience to create meals that will bring the joy and ease of cooking back to your kitchen, while still following a blood sugar-friendly diet. Get a balanced start to your day with options like a Cheesy Quinoa-Crusted Spinach Frittata or Banana Protein Pancakes for breakfast. Indulge in favorites like Coconut-Crusted Chicken Tenders, Beef and Broccoli Stir-Fry, or Diabetes-Friendly Artichoke and Basil Pizza stress-free, because they're designed to be a part of a healthy diabetes diet. Dinner has never been easier (or better for your blood sugar levels) with 15-minute meals like Pesto Pasta in a Pinch or Grown-Up Lunchables. Each recipe in the book includes nutritional information so you know you are getting the carbs, protein, and fat you need. Mary Ellen also provides a comprehensive, easy-to-understand guide to managing your diabetes through the food you eat and specialized tips to keep your blood sugar balanced throughout the day.

Having fallen for a human boy, a beautiful teenage werewolf must battle both her packmates and the fear of the townspeople to decide where she belongs and with whom. Simultaneous.

There are two things twenty-nine-year-old Jackie Donovan asks God for: an honest, wonderful man to marry, and to own a bed-and-breakfast in the Outer Banks region. In the meantime, Jackie works for Lighthouse Views magazine, writing articles about other local business owners, and intrepidly goes on the blind dates set up by her well-meaning but oh-so-clueless relatives. There's one specific property Jackie dreams of purchasing: the Bailey Place, a fabulous old home where Jackie spent many happy childhood afternoons, a place that has now fallen into disrepair because of its outrageous price tag. When Jackie meets handsome Davis Erickson, who holds the key to the Bailey Place, Jackie is sure God has answered both her prayers. But as Jackie learns some disturbing details about Davis's past, she begins to question her own motivation. Will she risk her long-held dreams to find out the truth?

There's a naked rock star in my hotel room. And he's pierced. Willow Denton needs to get out of town fast. Her only option is joining her brother's band on tour. Two months with misbehaved men doesn't sound so bad. Until she walks in on the drummer naked and sporting a spanking new piercing right between his legs. There's no way the cocky player will ever think of her as more than his friend, or worse, his BFF's little sister. Better to focus on her photography. As soon as she stops thinking about him in her bed, against the wall, in the backseat of his car... Sinful Serenade drummer Tom Steele is a wrecking ball. Bossy. Pushy. Hot as the molten center of the Earth. He's not afraid to use his body or his fame to get what he wants-- a different girl every night of the week (and three on Sunday). The man may be a slut but he can control himself. He's going to keep an eye on Willow. That's it. He's not about to throw away their budding friendship, or his relationship with her overprotective brother, for a good time. Their sizzling sexual chemistry makes this whole platonic thing hard. But there's no way he'll cross the line with the girl he's supposed to protect. ***Rock Your Heart Out is a full-length, standalone romance set in the Sinful Serenade universe.*** Sinful Serenade, a new adult romance series, follows the men of

rock band Sinful Serenade and the women they love. Each book can be read as a standalone.

The New Science of How Your Body Can Heal Itself

Lifesaving Advice Your Doctor Should Tell You about Heart Disease Prevention (But Probably Never Will)

Your Heart and how to Take Care of it

Take it to Heart

Constituting a Complete Practical Library Relative to Agriculture, Bees, Bleaching, Brewing, Calico

Printing, Carving at Table, Cements, Confectionary, Cookery ...

Blood and Chocolate

Prize-winning novelist describes her journey from Paris to Spain. She tells of her experiences as a modern pilgrim, exploring new places, relishing the food, and appreciating the scenery, architecture and company along the way. Provides detailed descriptions of many dishes with accompanying recipes. Includes a bibliography and an index to the recipes. The author's other publications include 'Eat My Words', 'Wishbone' and 'Lovers' Knots' which won the 'Age' Book of the Year Award, the ACT Book of the Year Award, the 3M Talking Book of the Year Award and the Nita B Kibble Literary Award.

Aventurine is a brave young dragon ready to explore the world outside of her family's mountain cave . . . if only they'd let her leave it. Her family thinks she's too young to fly on her own, but she's determined to prove them wrong by capturing the most dangerous prey of all: a human. But when that human tricks her into drinking enchanted hot chocolate, she's transformed into a puny human without any sharp teeth, fire breath, or claws. Still, she's the fiercest creature in these mountains--and now she's found her true passion: chocolate. All she has to do is get to the human city to find herself an apprenticeship (whatever that is) in a chocolate house (which sounds delicious), and she'll be conquering new territory in no time . . . won't she? A classic fantasy with terrific girl power, perfect for fans of Shannon Hale and Jessica Day George. Praise for Kat, Incorrigible Bank Street Best Books of 2012 A Spring 2011 Kids' Indie Next pick A 2012 ALA/ALSC Notable Children's Book A Top 40 Pick for the Pennsylvania School Librarians Association

It's Valentine's Day in the wintery cozy town of Maple Hills, and true love is in the air. Nikki Bates and her ever popular Choc-A-Block Shoppe are called upon once again, when Susan, the lovely daughter of Maple Hills' mayor, orders dozens of Nikki's wildly popular and oh-so-delicious confections for her upcoming wedding. All are invited to join in on Susan's special day, especially Nikki, Seth, Hawk and the rest of the Choc-A-Block team. Unfortunately, murder puts in an appearance as well, when poor Kim, one of Susan's bridesmaids and a good friend, is brutally and mysteriously murdered at the rehearsal party. When Maple Hills' mayor demands the killer be found before the wedding, Nikki and Hawk get on the case pronto. But, just when they've named Kim's beau, John, as a prime suspect, the case takes an unexpected turn. Love is on the line, as Nikki and Hawk move to solve a murder, exonerate or implicate a man in mourning of his lost love, save a wedding from danger and tragedy, and protect the people they love-including each other. This cozy mystery is a clean read: no graphic violence, sex, or strong language. It can be read in one to two hours. It is perfect for those moments when you are waiting at an appointment or want to enjoy a quick read. Keywords: chocolate cozy mystery series, culinary cozy mystery books, Vermont amateur sleuth mystery, cozy mystery romance, bakery mystery sleuth, east coast clean mystery series, cosy mystery, amateur sleuth, traditional mystery, mystery, small town mystery, female protagonist mystery, murder mystery, cozy mysteries, female sleuth, series, female protagonist, novel, secret, suspense, mystery detective stories, mystery romance books clean, mystery romance suspense, mystery suspense murder, mystery with women,

mystery women books, mystery romance, cosy mystery book, book to read and download

The Lighter Side of Dark ChocolateTake it to HeartAuthorHouse

Saving Dinner

The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs

A Quest over the Centuries

New Science Proves You Should Eat Chocolate Every Day

Like Water for Chocolate

Eat Chocolate, Lose Weight

Clinical studies show that cardiovascular intervention does not prevent heart attacks or prolong life in stable patients with coronary artery disease . . . so why are more than 1.5 million angioplasties and coronary bypass surgeries done annually in the United States alone? In *The Great American Heart Hoax*, esteemed cardiologist Michael Ozner, author of *The Miami Mediterranean Diet*, reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn't worth the money or risk. Discover disturbing realities from a cardiologist about the billion-dollar cardiovascular intervention industry. While a minority of patients may benefit from surgery, Ozner uncovers that the majority can employ much simpler methods, such as diet, exercise and medical therapy, to achieve better results—without stents or surgery. Most important, *The Great American Heart Hoax* provides a 10-step program to improve your heart health and reduce your risk of heart disease.

The safe and trusted way to prevent and reverse heart disease Written in plain English and packed with tons of authoritative advice, *Preventing & Reversing Heart Disease For Dummies* includes the most up-to-date information on coronary heart disease and its treatment. This resource covers new ways to diagnose and treat both short- and long-term complications of heart disease, the latest medications, updated diet and exercise plans, the lowdown on recognizing the risk factors and warning signs of a heart attack, determining if you have heart disease, distinguishing between angina, heart attack, and stroke, and much more. It is projected that by the year 2020, heart disease will be the leading cause of death throughout the world. As the magnitude of cardiovascular diseases continue to accelerate globally, the pressing need for increased awareness and a stronger, more focused national and international response has become more important than ever. *Preventing & Reversing Heart Disease For Dummies* tackles this vital subject with compassion and authority, outlining the steps you can take to help ensure you don't become just another statistic. Helps you find the right doctor and handle a managed care plan Covers all thirteen types of heart disease and discusses the key differences that may determine their progression and treatment Illustrates how simple changes in diet may be enough to prevent heart disease Shows how you can reverse some of the effects of heart disease through exercise If you're suffering from or are at risk of heart disease—or love someone who is—*Preventing & Reversing Heart Disease For Dummies* empowers you to take control of heart health and get on a path to a longer, healthier life.

The Chocolate Industries Well Kept Secret/Harkin - Engel Protocol

The Easy Diabetes Cookbook

Your Feet Take You to Where Your Heart Is

Bean-to-Bar Chocolate

Blood Pressure Down

America's Craft Chocolate Revolution: The Origins, the Makers, and the Mind-Blowing Flavors