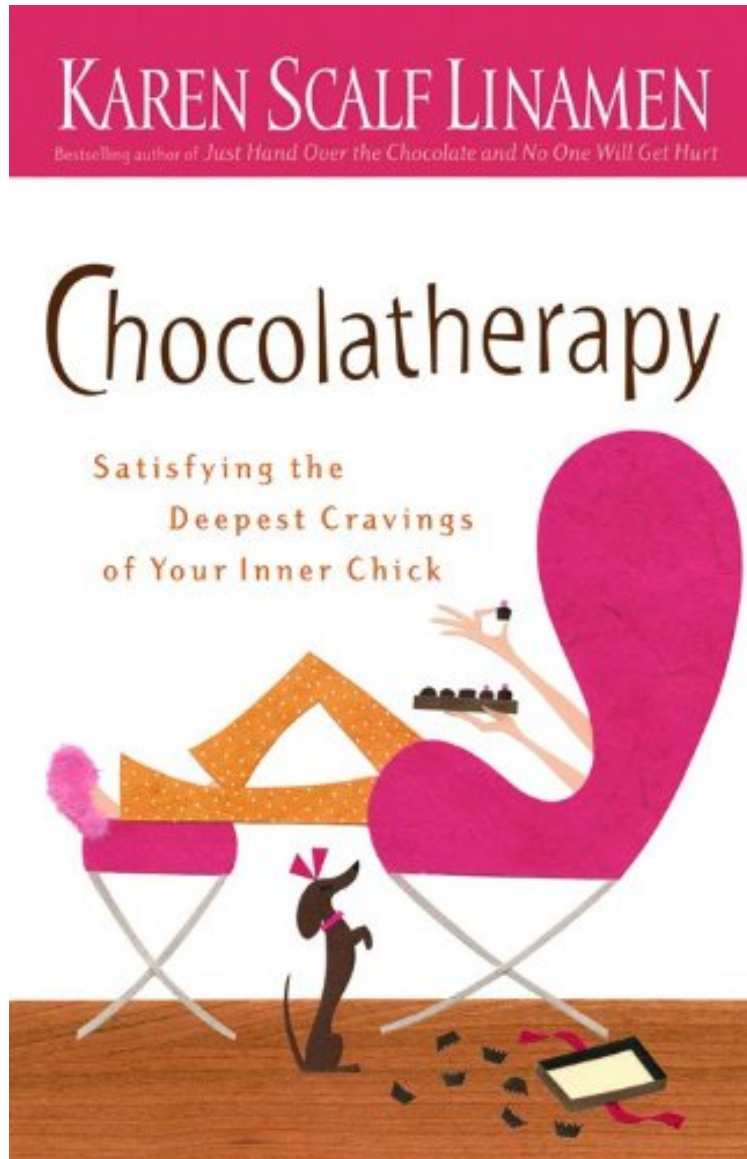


(Read now) Chocolatherapy: Satisfying the Deepest Cravings of Your Inner Chick

Chocolatherapy: Satisfying the Deepest Cravings of Your Inner Chick

Karen Scalf Linamen

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Karen Scalf Linamen : Chocolatherapy: Satisfying the Deepest Cravings of Your Inner Chick before purchasing it in order to gage whether or not it would be worth my time, and all praised Chocolatherapy: Satisfying the Deepest Cravings of Your Inner Chick:

1 of 1 people found the following review helpful. What do the cravings actually mean?By Rebecca of Karen Scalf Linamen loves chocolate but she also has issues with binge eating. She also bounces checks, eats entire boxes of Girl Scout cookies and has to deal with ADD and at times clinical depression. Her appeal is that you can relate to her because she is so human. She's been through a painful divorce and is raising teenagers. Her life is filled with struggles and spiritual solutions. This book is filled with chocolate trivia and quotes. There is also information about how you can gain weight if you don't get enough sleep. There is advice on how to melt chocolate but I'd not recommend a double boiler. That always causes my chocolate to "seize" up. It is much easier to melt chocolate (for when you make your own chocolates) in a crock-pot. I use that method when I make chocolate covered cherries. While this book does focus a lot on chocolate the real issues seem to be about emotional issues and how we can solve them with God's love. At the end of the book there are letters from women who have real-life struggles with eating too much. I do think problems with binge eating could be solved if women just didn't buy the sugary fatty foods in the first place! That is what I try to do but I'm human too and sometimes I don't do the right thing. This book is all about how to do the right thing even when we fail time after time. This book should be encouraging to most women, especially if you love chocolate.~The Rebecca Review1 of 1 people found the following review helpful. Good book!By LynnThis book is neither a fluffy read nor a difficult one. It is written very conversationally and candidly making Karen seem like a girlfriend sharing her heart. I personally can't think of a nicer compliment. Good read!1 of 1 people found the following review helpful. Great read!By Carol RoperVery transparent writing. I could identify and appreciate so much of what Karen shared in this book. Her honesty is refreshing. Great read!

When life makes you crazy, reach for the chocolate: it's cheaper than therapy and you don't need an appointment. Beloved humor author Karen Scalf Linamen is back with her first new women's book in five years, and she's got a stash of sweet treats in her purse to share. Why do women choose comfort food when they are really craving something else? What if they could stop settling for second best and give their souls what they are really seeking? Would they be content? Perhaps they would glean a deeper understanding of their emotions. Most importantly, they might be able to get into their skinny jeans and stay there. With her trademark wit and insight, Karen Linamen helps women everywhere discover what they are really hungering for--and laugh out loud in the process.

From the Inside FlapEXCERPT FROM CATALOG Chaos. Change. Crisis. In the grand recipe of life, these are common ingredients. All I know is that I find them in my personal mixing bowl far more than I'd like. They're in my life now. Probably yours too. My initial response is to reach for the chocolate. This might be why my closet contains a variety of clothes from size 12 to 24. Okay, I lied. Sometimes I also reach for chips. Or doughnuts. Or--like last week's binge--Bit-O-Honey. You know what I'm talking about, right? Those chewy bite-sized candies that taste like honey even as they extract all your fillings? Except I couldn't stop with just a bit. What I really ate was more like Bag-O-Honey. My dentist sent me a thank-you card. From the Caribbean. I think this all means something, besides the fact that I should have pursued dentistry as a career. I think that when I'm consuming chocolate, I'm really craving something else. Something healthier. Something deeper. Why I get fixated on comfort foods is anybody's guess. Chocolate, after all, is just a quick fix. A tasty substitute. A delectable melt-in-my-mouth imposter. What if, in those all-too-frequent seasons of chaos, change, or crisis, I could somehow stop settling for second best and give my soul whatever it's really seeking?From the Back CoverHungry for a change? If you have ever done the emotional-eating thing, raise your hand. No, not the one holding the chocolate bar. The other one. When heartache, stress, or chaos send us beelining toward the pantry, are we really hungry for those stolen handfuls of chocolate chips? Or are we longing for something else? In her newest book, Karen Linamen dares to ask, "What could our lives be like if, instead of trying to satiate those deeper longings with food, we stopped settling for quick fixes and tasty substitutes and gave our souls whatever they might really be seeking?" With laugh-out-loud humor, Karen identifies eleven things women really crave and suggests zero-calorie ways to satisfy the deepest longings of our hearts. Whether your favorite comfort food happens to be chips or cocoa, you'll relish this smorgasbord of hope and hilarity dished up by the author of *Just Hand Over the Chocolate* and *No One Will Get Hurt*. Karen Linamen is a nationally known speaker and the author of several humorous self-help books for women. An equal-opportunity emotional eater, she enjoys her chocolate, Twinkies, pretzels, and ice-cream-straight-from-the-carton in Colorado Springs, Colorado. About the AuthorKaren Scalf Linamen is a mother of two and the author or coauthor of several books, including *Just Hand Over the Chocolate* and *No One Will Get Hurt*. Two of her books have received recognition as finalists for the ECPA Gold Medallion Award. She is also a popular speaker at churches, women's retreats, and writers' conferences. She eats her chocolate in Colorado Springs, Colorado. FOR BACK COVER: Karen Linamen is the bestselling author of ten humorous self-help books for women, including *Just Hand Over the Chocolate* and *No One Will Get Hurt*, as well as three children's books. Dubbed "the queen of good humor and common sense" by the Literary Guild, Karen lives with her family in Colorado Springs, speaks all over the country and hides her chocolate wrappers in the piano.