



Chocolate - A Healthy Passion

Shara Aaron, Monica Bearden RD

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The world loves chocolate and chances are you do too. This enjoyable book, written by two leading dietitians, will serve to deepen your love and also your understanding of chocolate. The authors help you explore some surprising applications of chocolate to your life: from its sensory pleasures to its role in emotional and physical wellness.

With luscious photography and enticing recipes, this delightful, even mouthwatering, book will bring your appreciation for this gift of Mother Nature to a new level.

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