



## Chocolate for a Woman's Soul: 77 Stories to Feed Your Spirit and Warm Your Heart

By Kay Allenbaugh

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### Chocolate for a Woman's Soul: 77 Stories to Feed Your Spirit and Warm Your Heart By Kay Allenbaugh

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!

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### Editorial Review

#### Review

Jack Canfield Coauthor of *Chicken Soup for the Soul* "I couldn't put it down...men love chocolate too...do yourself the favor of reading this book!"

Debbi Fields Entrepreneur and Author of *Mrs. Field's I Love Chocolate! Cookbook* "This book will feed your soul and fuel your dreams. You'll believe that anything is possible."

#### From the Publisher

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#### About the Author

**Kay Allenbaugh**, creator of the Chocolate series, is a writer and speaker who is known as "The Caretaker of Stories for Women of the World." She lives in Lake Oswego, Oregon. Contributors to the Chocolate series include bestselling authors, motivational speakers, newspaper columnists, radio hosts, spiritual leaders, psychotherapists, businesswomen, and teenagers from all over the world.

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