

ben and jerry's chocolate therapy

ben and jerry's chocolate therapy is a decadent ice cream flavor that combines rich chocolate with indulgent mix-ins to create a truly comforting dessert experience. Known for their creative and generous use of ingredients, Ben & Jerry's offers Chocolate Therapy as a luscious treat for chocolate lovers seeking a combination of creamy, fudgy, and crunchy textures. This article explores the origins, ingredients, flavor profile, nutritional aspects, and availability of Ben & Jerry's Chocolate Therapy. Additionally, it delves into how this flavor fits into the brand's broader lineup of iconic ice creams and why it maintains a strong following among fans. Whether analyzing its composition or discussing its place in the world of premium ice cream, this article provides a comprehensive look at what makes Chocolate Therapy stand out.

- History and Origin of Ben & Jerry's Chocolate Therapy
- Ingredients and Flavor Profile
- Nutritional Information and Dietary Considerations
- Availability and Packaging Options
- Consumer Reception and Popularity

History and Origin of Ben & Jerry's Chocolate Therapy

Ben & Jerry's Chocolate Therapy was introduced as part of the brand's commitment to delivering innovative and indulgent ice cream flavors. Known for pushing boundaries in both taste and ingredient combinations, Ben & Jerry's created Chocolate Therapy to satisfy fans of rich, chocolate-based desserts. The flavor was crafted to combine multiple types of chocolate and complementary textures, making it a go-to choice for those seeking a decadent treat. This flavor reflects Ben & Jerry's heritage of using high-quality ingredients and supporting sustainable sourcing practices, which have been a hallmark since the company's founding in 1978.

Development and Concept

The concept behind Chocolate Therapy was to create a multi-dimensional chocolate experience in a single pint. Developers blended creamy chocolate ice cream with fudge brownies and chocolate truffles to amplify the intensity of the chocolate flavor. The inclusion of different chocolate elements aimed to provide a complex mouthfeel, ranging from soft ice cream to chewy brownie chunks and smooth truffles. This layered approach to texture and taste exemplifies Ben & Jerry's dedication to crafting ice cream that is both

indulgent and satisfying.

Brand Philosophy and Ethical Practices

Ben & Jerry's is well known for its ethical sourcing and social responsibility. Chocolate Therapy reflects these values by using Fairtrade-certified cocoa and supporting sustainable dairy farming. The company's commitment to environmental stewardship and social justice extends to this flavor, ensuring that every scoop contributes to a positive impact beyond just taste.

Ingredients and Flavor Profile

Ben & Jerry's Chocolate Therapy is characterized by a rich chocolate ice cream base combined with generous mix-ins that enhance its flavor and texture. The ingredients are carefully chosen to maintain a balance between sweetness, creaminess, and chocolate intensity.

Main Ingredients

The primary components of Chocolate Therapy include:

- Cream and skim milk – providing the creamy and smooth base of the ice cream.
- Cocoa and chocolate liquor – delivering the deep chocolate flavor.
- Fudge brownies – adding chewy, chocolatey chunks.
- Chocolate truffles – contributing rich, silky bites of chocolate ganache.
- Sugar and sweeteners – balancing bitterness from the cocoa.
- Egg yolks – enhancing richness and texture.
- Natural flavors and stabilizers – ensuring consistency and taste quality.

Flavor and Texture Experience

The flavor profile of Chocolate Therapy is intensely chocolate-forward, with a harmonious blend of bitterness and sweetness. The creamy ice cream serves as a smooth canvas, while the fudge brownies introduce a dense chewiness and the chocolate truffles add a velvety richness. This combination creates a multi-layered sensory experience that appeals to both casual ice cream eaters and chocolate aficionados. The overall taste is indulgent but balanced, making it a popular choice for those craving a chocolate-centric dessert.

Nutritional Information and Dietary Considerations

As with many premium ice creams, Ben & Jerry's Chocolate Therapy is a calorie-dense treat designed for occasional indulgence. Understanding its nutritional profile is important for consumers managing their dietary intake.

Caloric Content and Macronutrients

A typical pint of Chocolate Therapy contains approximately 110-140 calories per half-cup serving. This includes a substantial amount of fat, primarily from dairy cream, and carbohydrates from sugars and other sweeteners. Protein content is moderate due to the milk and egg yolks used in the base. Consumers should be aware of the following approximate values per serving:

- Calories: 130
- Total fat: 7-9 grams
- Saturated fat: 4-6 grams
- Carbohydrates: 15-18 grams
- Sugars: 12-15 grams
- Protein: 2-3 grams
- Cholesterol: moderate levels due to egg yolks

Allergens and Dietary Restrictions

Chocolate Therapy contains common allergens including milk, eggs, and soy lecithin. It is not suitable for individuals with dairy or egg allergies or those following a vegan diet. Although the ice cream contains gluten-free ingredients, there may be cross-contamination risks if produced in facilities that handle gluten-containing products. Consumers with dietary restrictions should review ingredient labels carefully or consult the manufacturer.

Availability and Packaging Options

Ben & Jerry's Chocolate Therapy is widely available in grocery stores, supermarkets, and specialty food retailers across the United States and in select international markets. The brand ensures accessibility through multiple packaging options and seasonal availability.

Packaging Sizes and Formats

The most common packaging format for Chocolate Therapy is the standard pint container, which holds approximately 16 fluid ounces of ice cream. This size is convenient for individual or small group consumption. Occasionally, Ben & Jerry's offers multipacks or sampler boxes that include Chocolate Therapy alongside other popular flavors, providing variety for consumers looking to explore the brand's offerings.

Seasonal and Regional Availability

While Chocolate Therapy is often part of the core lineup, availability can vary based on regional demand and seasonal promotions. Some retailers may feature it more prominently during colder months or holidays when chocolate desserts are particularly popular. Online grocery platforms and specialty stores also enhance access to this flavor by offering delivery options and exclusive packaging.

Consumer Reception and Popularity

Ben & Jerry's Chocolate Therapy has garnered positive reviews from ice cream enthusiasts and critics alike. Its rich chocolate flavor and textural complexity appeal to a wide demographic, contributing to its sustained popularity.

Critical Acclaim and Reviews

Food critics often praise Chocolate Therapy for its luxurious taste and well-balanced chocolate elements. The combination of creamy ice cream with fudge brownies and truffles is frequently highlighted as a successful blend that elevates the flavor beyond typical chocolate ice cream offerings. Consumer reviews commonly note the indulgent quality and satisfying texture, making it a favored choice for special occasions or comfort food cravings.

Comparison with Other Chocolate-Flavored Ice Creams

Within the competitive market of chocolate ice cream, Chocolate Therapy stands out due to its multi-component mix-ins and premium ingredient sourcing. Compared to plain chocolate or fudge-based flavors, it offers a more complex and layered experience. This sets it apart from other brands that may focus solely on a single type of chocolate or simpler formulations.

- Lush, creamy chocolate ice cream base
- Inclusion of chewy fudge brownie pieces
- Silky, rich chocolate truffles

- Ethical sourcing of ingredients
- Consistent quality and texture

Frequently Asked Questions

What is Ben & Jerry's Chocolate Therapy flavor?

Ben & Jerry's Chocolate Therapy is a rich ice cream flavor featuring chocolate ice cream with fudge chunks and swirls of peanut butter, designed to satisfy chocolate lovers.

When was Ben & Jerry's Chocolate Therapy first introduced?

Chocolate Therapy was first introduced by Ben & Jerry's in 2018 as part of their core flavor lineup.

Is Ben & Jerry's Chocolate Therapy suitable for vegans?

No, Chocolate Therapy contains dairy and is not suitable for vegans. Ben & Jerry's offers separate vegan flavors made with plant-based ingredients.

Where can I buy Ben & Jerry's Chocolate Therapy?

Chocolate Therapy is widely available in grocery stores, convenience stores, and online retailers across the United States and other countries where Ben & Jerry's is sold.

What allergens are in Ben & Jerry's Chocolate Therapy?

Chocolate Therapy contains milk, peanuts, and soy. It may also contain traces of other nuts due to manufacturing processes.

How many calories are in a serving of Ben & Jerry's Chocolate Therapy?

A typical serving of Ben & Jerry's Chocolate Therapy (about 2/3 cup or 132g) contains approximately 340 calories.

Is Ben & Jerry's Chocolate Therapy gluten-free?

Chocolate Therapy is generally considered gluten-free, but it is always best to check the packaging for any allergen warnings regarding gluten contamination.

What makes Ben & Jerry's Chocolate Therapy unique compared to other chocolate ice creams?

Chocolate Therapy stands out due to its combination of rich chocolate ice cream with peanut butter swirls and fudge chunks, offering a decadent and multi-textured chocolate and peanut butter experience.

Additional Resources

1. *Chocolate Therapy: The Ben & Jerry's Way to Happiness*

This book explores the unique blend of joy and comfort found in Ben & Jerry's chocolate ice cream creations. It delves into the brand's history and philosophy, showing how their innovative flavors bring moments of happiness to millions. Readers will discover the stories behind iconic chocolate-based flavors and the company's commitment to quality ingredients.

2. *Scooping Joy: The Chocolate Therapy of Ben & Jerry's*

A delightful journey through the world of Ben & Jerry's chocolate ice creams, this book highlights the therapeutic effects of indulging in creamy, rich treats. It combines personal anecdotes, customer stories, and expert insights on how chocolate ice cream can boost mood and foster connection. Perfect for ice cream lovers and mental wellness enthusiasts alike.

3. *The Sweet Science of Chocolate Therapy*

Focusing on the science behind chocolate's mood-enhancing properties, this book ties in Ben & Jerry's innovative recipes to explain why chocolate therapy works. It covers the chemical compounds in chocolate that influence brain chemistry and how Ben & Jerry's incorporates these benefits into their products. Readers will gain a deeper appreciation for the healing power of their favorite chocolate ice cream.

4. *Ben & Jerry's Chocolate Therapy Cookbook*

This cookbook offers fans a chance to recreate some of the most beloved chocolate-based ice cream treats from Ben & Jerry's at home. With easy-to-follow recipes and tips for customization, it encourages readers to enjoy the therapeutic comfort of chocolate in their own kitchen. The book also includes fun facts and stories about the origins of each flavor.

5. *Frozen Comfort: Ben & Jerry's Chocolate Therapy Stories*

A collection of heartwarming and inspiring stories from Ben & Jerry's fans who have found solace and happiness in chocolate ice cream. Each story highlights the emotional connections people make with their favorite flavors and how these treats serve as a form of therapy during tough times. This book is a testament to the power of simple pleasures.

6. *The Art of Chocolate Therapy: Ben & Jerry's Flavor Innovations*

Exploring the creative process behind Ben & Jerry's chocolate ice cream flavors, this book showcases the artistry and experimentation involved. It features interviews with flavor developers and insights into how chocolate therapy influences their creations. Readers will learn how passion and innovation combine to produce delicious, mood-lifting ice cream.

7. Indulge and Heal: The Philosophy of Ben & Jerry's Chocolate Therapy

This book examines the ethical and emotional philosophy driving Ben & Jerry's approach to chocolate therapy. It discusses the company's commitment to social responsibility, sustainable sourcing, and creating products that nourish both body and soul. Ideal for readers interested in the intersection of food, wellness, and corporate values.

8. Chocolate Therapy on a Spoon: Ben & Jerry's and Mental Wellness

Focusing on the mental health benefits of chocolate ice cream, this book highlights how Ben & Jerry's products contribute to emotional well-being. It includes expert commentary from psychologists alongside customer testimonials about the comforting effects of chocolate therapy. A thoughtful read for those seeking joy and relaxation through food.

9. Sweet Relief: How Ben & Jerry's Chocolate Therapy Transforms Lives

This inspirational book reveals the transformative stories of individuals and communities touched by Ben & Jerry's chocolate therapy initiatives. It showcases charitable programs, community outreach, and the brand's efforts to spread happiness through their chocolate ice cream. Readers will be moved by the positive impact of sweet indulgence.

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ben and jerry s chocolate therapy: The Master Your Metabolism Calorie Counter Jillian Michaels, Mariska van Aalst, 2011-01-26 The key to amping your body to its full fat-burning potential—now in your pocket! Jillian Michaels's Master Your Metabolism plan has already helped millions achieve hot healthy bodies naturally through nutrition and hormone balance. Now she's made optimal health even easier by putting key resources into this on-the-go guide. No matter where you're making your food choices—at home, dining out, or in the grocery store—this guide makes staying on the Master Plan simple and straightforward. The Master Your Metabolism Calorie Counter is packed with information that makes it the ultimate compendium for anyone leading a Master-full life. • Complete nutritional information for over 5,000 foods—carbs, fat, calorie, and hormone-positive, negative, or neutral counts • Best and worst choices at dozens of national restaurant chains • What to shop for in beauty and home-care products • Master Disaster foods you'll want to stay far away from! • Hormone-positive power nutrient food lists

ben and jerry s chocolate therapy: The Pocket Calorie Counter, 2016 Edition Suzanne Beilenson, 2016-07-12 2016 edition! The new digital version of the Pocket Calorie Counter is fully searchable, and text in all nutritional information charts is scalable and easy to read. A speedy, discreet way to stay informed about the content of your meals and snacks, wherever you are! Count on it! * More than 8,000 entries! * Provides calorie counts for most foods and beverages, as well as protein, carbs, fiber, sodium, fats, and other essentials. * Includes menu items from popular restaurants, too! * With the digital edition, look up information in seconds! * Tables are fully visible at most font sizes--no need to squint.

ben and jerry s chocolate therapy: Snack Girl to the Rescue! Lisa Cain, 2014-04-15 Do you need to be rescued from bad eating habits and junk food? Are you looking to adopt a healthier

lifestyle but don't know where to begin? Well, fear not because Lisa Cain, a.k.a. "Snack Girl," is here to help! A busy mother of two, Lisa faces the same challenges to healthy eating that we all do—unlimited access to junk food, a jam-packed schedule, a tight budget, and a love of delicious food. So in *Snack Girl to the Rescue*, she has created a way to make small changes that will make a difference in how you eat and live. On her mega-popular blog *Snack-Girl.com*, she shares the simple secrets and delicious, healthful recipes that have helped keep her budget and her body in check. without sacrificing fun or flavor. Now with *Snack Girl to the Rescue! A Real-Life Guide to Losing Weight and Getting Healthy with 100 Recipes Under 400 Calories*, Lisa is sharing her best, tried and true advice on avoiding common weight-loss pitfalls, shopping healthier on a budget, and getting in shape, along with 100 recipes for fun, quick, and affordable meals and snacks—all of which clock in under 400 calories and are Weight Watchers friendly! There are no gimmicks, no short cuts, it's just how you're supposed to live: a healthy balanced life. Lisa shows us in this book, that nobody is perfect—but with a few minor tweaks, you can change your lifestyle, be happy and be healthy.

ben and jerry s chocolate therapy: *Daddy, Unexpectedly* Lee McKenzie, 2013-05-01 From Friends To Lovers To...Parents? Claire DeAngelo's fantasy was the white picket fence and a husband and babies. She thought she'd found it, but now she's getting a divorce. Her ex's behavior is bordering on harassment, so it's lucky Claire runs into her college buddy—now undercover cop—Luke Devlin. Luke can't believe his luck. He's investigating a smuggling ring, and Claire lives in the building he has under surveillance. What better way to keep an eye on the criminals than to move in! When Claire's ex becomes hostile, Luke's protective instincts take over and the attraction between old friends heats up. Back in college, Luke was a carefree playboy. So when Claire discovers she's pregnant, she knows better than to expect Luke to be family material. She's finally getting that white picket fence and a baby...even if there's a piece missing!

ben and jerry s chocolate therapy: *The Charley Davidson Series, Books 4-6* Darynda Jones, 2015-04-14 Darynda Jones has garnered a strong following with her series starring Grim Reaper Charley Davidson. Here together for the first time in a stunning eBook bundle are the fourth, fifth, and sixth novels in the New York Times bestselling paranormal series: *Fourth Grave Beneath My Feet* Since Charley's last case went so awry, she has taken a couple of months off to wallow in self-pity. But when a woman shows up on her doorstep convinced someone is trying to kill her, Charley has to force herself to rise above . . . or at least get dressed. In the meantime, the sexy, sultry son of Satan, Reyes Farrow, is out of prison and out of Charley's life. But she's having a hard time staying away...Just when life was returning to normal, Charley is thrust back into the world of crime, punishment, and the devil in blue jeans. *Fifth Grave Past the Light* Things get complicated for Charley when Reyes Farrow, moves in next door and then becomes her main suspect in an arson case. Charley has vowed to stay away from him until she can find out the truth...but then dead women start appearing in her apartment, one after another, each lost, confused, and terrified beyond reason. When it becomes apparent that her own sister, Gemma, is the serial killer's next target Charley has no choice but to ask for Reyes' help. But he wants something in return. Charley. All of her, body and soul. And to keep her sister safe, it is a price she is willing to pay. *Sixth Grave on the Edge* When the FBI file on Reyes' childhood happens to land into Charley's lap, she can't help herself: She opens it...and then the real fun begins. First, Charley finds a naked corpse riding shotgun in her car. Then, a man loses his soul in a card game. Throw in a Deaf boy who sees dead people, a woman running from mobsters, and a very suspicious Reyes, and things can't get any worse for Charley. Unless, of course, the Twelve Beasts of Hell are unleashed...

ben and jerry s chocolate therapy: *The Puppy Connection* Lee McKenzie, Pamela Stone, 2020-02-04 Find your Happily Ever After with two feel-good stories of dogs unleashing romance in small-town settings. *Second-chance surprises* *Daddy, Unexpectedly* by Lee McKenzie Claire DeAngelo's dream of the perfect family seemed to be finally coming true, but now she's getting a divorce. Her ex's behavior is bordering on harassment, so it's lucky Claire runs into her college buddy—now undercover cop—Luke Devlin. As Luke's protective instincts take over, the attraction between old friends heats up. But then Claire discovers she's pregnant—and carefree Luke just isn't

family material... Second Chance Dad by Pamela Stone Moving back to her hometown after her divorce seemed like a good idea, until Hanna Rosser's son gets into trouble at school. The single mother knows exactly who's to blame—Vince Keegan, father of her son's new best friend. Vince may be irresistible, but he's got a lot to learn about parenting! Can the widowed dad teach Hanna something about second chances?

ben and jerry s chocolate therapy: Bourgeois Equality Deirdre Nansen McCloskey, 2020-03-04 How standards of living have skyrocketed since 1800, and the political philosophy that made it possible: Persuasive...richly detailed and erudite.— Financial Times There's little doubt that most humans today are better off than their forebears. Stunningly so, the economist and historian Deirdre McCloskey argues in this concluding volume of her trilogy celebrating the oft-derided virtues of the bourgeoisie. The poorest of humanity, McCloskey shows, will soon be joining the comparative riches of Japan and Sweden and Botswana. Why? Most economists—from Adam Smith and Karl Marx to Thomas Piketty—say the Great Enrichment since 1800 came from accumulated capital. McCloskey disagrees, fiercely. Our riches, she argues, were made not by piling brick on brick, bank balance on bank balance, but by piling idea on idea. Capital was necessary, but in the same way that oxygen is necessary for a fire. Nor were institutions the drivers: the World Bank orthodoxy of add institutions and stir hasn't worked. McCloskey builds a powerful case for the initiating role of ideas—ideas for electric motors and free elections, of course, but more deeply the bizarre and liberal ideas of equal liberty and dignity for ordinary folk. Liberalism arose from theological and political revolutions in northwest Europe, yielding a unique respect for betterment and its practitioners, and upending ancient hierarchies. Commoners were encouraged to have a go, and the bourgeoisie took up the Bourgeois Deal, and we were all enriched. Few economists or historians write like McCloskey—her ability to invest the facts of economic history with the urgency of a novel, or of a leading case at law, is unmatched. She summarizes modern economics and modern economic history with verve and lucidity, yet sees through to the really big scientific conclusion. Not matter, but ideas. Big books don't come any more ambitious, or captivating, than Bourgeois Equality.

ben and jerry s chocolate therapy: The Cultural Mindset Afsaneh Nahavandi, 2021-01-19 The phenomenon of global organizations reminds us that cross-cultural management is more prevalent than ever. While it may not be possible to develop in-depth knowledge of all cultures, a person can develop a way of thinking where they integrate culture in all of their deliberations, decisions, and behaviors. Such an approach is transformative and involves adopting a cultural mindset, understanding culture's power as a frame of reference, and developing a new way of thinking. The book *The Cultural Mindset* is based on Dr. Nahavandi's years of teaching, researching, and consulting with many businesses on cross-cultural issues. Built around a think-know-do model, the text enables readers to adopt a cultural mindset that will effectively guide their thinking and behavior as future managers. Through case studies and self-assessments, the book allows students to develop a broader view of culture that is beyond learning skills and competencies. Additionally, by focusing on culture in general, the book allows readers to address both national cultural issues, such as how to work in another country or manage a multi-national team, and diversity issues, such as the glass ceiling or discrimination in the workplace. The key underlying theme for both topics is how culture, national or group-related, impacts our perspective - what we value, how we think, how we behave, and how we manage people effectively. Each chapter will include a focus on both informational and transformational learning through: Cases and examples that will question assumptions and emphasize applicability Self-assessments to make the concepts personal and relevant, and encourage self-reflection Examples to help students understand those concepts Specific exercises and/or reflections to help students apply information to their own personal and professional life

ben and jerry s chocolate therapy: Little Empty Promises Cheryl Bradshaw, 2024-10-28 How far would you go to protect your secret? As the sun sets over the quaint town of Cambria, California, Cordelia Bennett, a sprightly seventy-two-year-old librarian, hums a classic tune while

tidying up the bookshelves. Just as she's about to lock up for the night, a mysterious sound startles her. She turns. The fading light reveals a chilling presence in the shadows, and Cordelia realizes she's not alone. Someone else is there, watching her every move—someone with one agenda in mind—making sure today is Cordelia's last. What Readers are Saying about the Series: Makes you want to keep reading the story into the night. □□□□ A strong lead character and plenty of drama, it keeps the reader engaged. □□□□ Leaving you wanting to read more. □□□□ I will definitely read more from this author. □□□□ Kept me on the edge of my seat. □□□□

ben and jerry s chocolate therapy: It's Not Me, It's You Stephanie Kate Strohm, 2016-10-25 A laugh-out-loud look at one girl's epic dating history, as told by her friends, family, and foes! Did you hear...? NATALIE WAGNER, random freshman: Avery Dennis--the Avery Dennis--got dumped right before prom. COCO KIM, best friend: Avery has never been dumped! Well, okay, except for this one time. BIZZY STANHOPE, officially the worst: The head of the prom committee doesn't have a date to the prom. It is beyond pathetic. JAMES HUTCH HUTCHERSON, lab partner: Did Avery really swear off dating until she discovers why her relationships never work out? I'll believe that when I see it. ROBBY MONROE, ex-boyfriend: Did you get interviewed by Avery Dennis for her project? TRIPP GOMEX-PARKER, ex-boyfriend: Avery Dennis is straight-up interviewing everyone. AVERY DENNIS: recently dumped/topic of much gossip: Okay. Everyone is talking about it, so let's talk about it... From rising star Stephanie Kate Strohm, this is a laugh-out-loud look at one girl's epic dating history, as told by her friends, family, and foes.

ben and jerry s chocolate therapy: What NOT to Do in Bed Rochelle French, 2015-08-26 #MisterIncompetent #WhatNOTtoDoinBed #ListenToVixen #DontPullaCoop Blogger Victory Lennox is on the hunt for professional success, not a man. But when she comes across the deliciously sexy movie star Cooper Fairclough running naked down a country lane—trying to catch up with his ride and his dignity—she wonders if maybe it's time for a fling. Cooper used to have a thing for his little sister's best friend, but back then Victory had been too sweet and innocent for a playboy like him. Now, however, he's done with the limelight and his former wild ways, and it doesn't take him long to realize Victory's grown up to become rather...saucy. Couldn't hurt to date her now, right? When Victory's self-help blog for men called "What NOT to Do in Bed" gains instant success, she's thrilled. But when the public discovers she's dating the infamous Cooper Fairclough, they mistakenly think he's the column's featured Mr. Incompetent. Suddenly, #WhatNOTtoDoinBed, #MisterIncompetent, and #DontPullACoop go viral, and Cooper's definitely not happy to be thrust back into the spotlight he's fought to avoid. And as the publicity heats up, Victory finds she must choose between the fame she sought and a chance at love.

ben and jerry s chocolate therapy: Purge Sarah Darer Littman, 2013-07-30 From acclaimed author Sarah Darer Littman, a striking story about a girl's recovery from bulimia in the tradition of CUT, PERFECT, and GIRL INTERRUPTED. Janie Ryman hates throwing up. So why does she binge eat and then stick her fingers down her throat several times a day? That's what the doctors and psychiatrists at Golden Slopes hope to help her discover. But first Janie must survive everyday conflicts between the Barfers and the Starvers, attempts by the head psychiatrist to fish painful memories out of her emotional waters, and shifting friendships and alliances among the kids in the ward.

ben and jerry s chocolate therapy: Truffled to Death Kathy Aarons, 2015-06-02 Two best friends sell books and bonbons—and solve crimes—in this mystery from the author of Death Is Like a Box of Chocolates... Hoping to sweeten sales for their shop, Chocolates and Chapters, Michelle and Erica host a reception highlighting a new museum display of ancient Mayan pottery curated by Erica's former mentor, Professor Addison Moody. The evening has a few hiccups, but the ladies soon smooth things over with ample servings of wine and chocolate. Yet with the sweet comes the bitter. The very next day, the antiquities from the reception are discovered missing. The professor accuses Erica of having sticky fingers, claiming she wants revenge on him. And she's only in more trouble after he's found stabbed to death with one of the artifacts. Now Michelle must help Erica track down the real killer before someone else finds themselves in less than mint condition...

ben and jerry s chocolate therapy: Goodbye Comfort Food Robin Rae Morris, 2019-04-02

Find a way out of emotional eating when life throws you a curveball with compassionate advice from the author of *Devour Obstacles for Dinner*. Why can't I stop eating when I'm so great at everything else? Are you a successful, loving woman who can't stop reaching for pizza and chocolate cake? Does the idea of a diet-free life sound like a pipe dream? Have you recently overeaten, then regretted it? Are you convinced that a bag of chips and a box of cookies are the best comfort for dealing with stress? If your answer is yes, there is a different way to 'do life.' In *Goodbye Comfort Food*, Robin Rae Morris, a licensed mental health professional, shares an upbeat, engaging, and proven process to help you eat to nourish your body. Here's what you'll learn: Why you turn to food for comfort. To eat when you're hungry. Stop when you're not. How to end the yo-yo weight cycles. The shocking revelation that there are no good or bad foods. Why never going on a diet again can be the best decision you'll ever make. If you're ready to stop relying on comfort food to get you through the day-to-day buy this book today! "My clients with food issues are laughing and relating to this book in a way that brings them hope and supportive tools to use every day." —Wendi Carter, LCSW, counselor and life coach "Robin's insights are like the combination of your best friend, confidant, expert and equal." —Dr. Deborah Walters, author of *The Supreme Remedy*

ben and jerry s chocolate therapy: The Wildwater Walking Club Claire Cook, 2017-01-27 "I packed my bags and joined the adventures of Noreen, Tess, and Rosie as they traveled to Provence. Fragrant lavender fields, rich chocolate, and van Gogh's artwork came to life, and friendships, stagnant romantic relationships, and quirky family ties are examined in ways that not only made me laugh, but also made me think."—Beth Hoffman For Noreen, Tess, and Rosie, walking the beach together every day has been everything. But after all those steps forward, they're doing some serious backsliding. They've started dodging each other in the neighborhood, and Noreen is spending time working on pints of Ben & Jerry's instead of her romance with Rick, the also-lost boyfriend she met at career counseling. A new adventure might be just what they need. Their destination: Provence, the ultimate lavender trip. It turns into the trip of a lifetime, filled with Van Gogh and vineyards, wine and chocolate, plus lavender and more lavender. Join Noreen, Rosie and Tess as they get back on track! "The reason fans love each one of Claire Cook's books is that every book—fiction and nonfiction—helps readers find ideas that they can use in their lives. Whether it's a river cruise in France or health coach training, or just learning something new, we all are growing and changing throughout our lives. And that's wonderful. Readers always learn something from Cook's books—about life and lifelong learning."—Pamela Kramer "A great feel-good story."—Philadelphia Examiner Join The Wildwater Walking Club as they walk and talk, talk and walk, tally their steps, share their secrets, and get their lives back on track again. You'll be lacing up your own sneakers in no time! From the New York Times bestselling author of *Must Love Dogs*. "The characters are so well-drawn, I could pick them out of a crowd."—Violet Q. "Claire Cook (*Must Love Dogs*) has built a brand writing light-hearted women's fiction blending kernels of the absurd and comedic in compulsively readable combinations."— Shelf Awareness "The Wildwater Walking Club is a quick smart read that will get you thinking about walking, friendship, and making time for the things you love."— BookReporter "[Cook's] poignancy and sassy humor resonate with readers; her theme of reinvention uplifts and inspires." —Savannah Magazine "Readers who enjoy a celebration of friendship will want to walk alongside the Wildwater trio."—Midwest Book Review "A beach tote couldn't ask for more."— Kirkus "Lively and inspiring!"— Hartford Courant "The women of The Wildwater Walking Club are a delightful trio, full of heart and determination. As they—literally—put one foot in front of the other, the three new friends find unlikely paths that point them toward more fulfilling lives. Their journey left me genuinely inspired."— Jean Reynolds Page "Claire Cook has an original voice, sparkling style, and a window into family life that will make you laugh and cry."— Adriana Trigiani "Charming, engagingly quirky, and full of fun, Claire Cook just gets it."— Meg Cabot "Claire Cook infuses her novels with that sassy kind of offbeat humor that makes you giggle, shake your head, and then keep reading. And isn't that what you want a beach book to do?" —Florida Today "Claire Cook is wicked good."— Jacquelyn Mitchard "The Wildwater Walking Club

reminds us of what's important in life—the joy of friendship, the power of a brisk walk, and of course the importance of a good book. I couldn't put it down.”—Anisha Lakhani

ben and jerry s chocolate therapy: Best Foot Forward Tamie Dearen, What happens when your brother makes you think the girl you love is trying to hide from a stalker? You might just do something crazy... Grace Marshall knows guys are only attracted to her physically, and that attraction is bound to wear off. That's why she's so careful to guard her heart. That is, until Brad comes along and starts tearing down her defenses. When he mentions the word love she breaks off the relationship. It was the right thing to do... So why does she feel so miserable? Doctor Brad Gates is in love with Grace. The little dynamo won him over with her zest for life and love of sports. But she's skittish where love is concerned. She tries to end the relationship, but Brad isn't going down without a fight. Grace soon regrets her decision. But every attempt to communicate with Brad is thwarted. Could it be a sign they shouldn't be together? When Brad's interfering brother spins a story about Grace's fear of a crazed stalker and her resulting decision to pursue plastic surgery, the rollercoaster goes for a loop. But a concussion can hardly make him feel any worse than he does already. If you love sweet romance that will make you laugh and cry and leave you with a smile, you'll love USA Today Bestselling Author Tamie Dearen's Best Girls Series! Grab this fun medical romance today!

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ben and jerry s chocolate therapy: Cultural Agility Paula Caligiuri, 2013-01-30 CULTURAL AGILITY Succeeding in today's global economy requires organizations to acquire, develop, and retain professionals who can operate effectively around the world, irrespective of country or culture. More than ever before, organizations need a pipeline of professionals who possess cultural agility—the ability to quickly, comfortably, and successfully work in cross-cultural and international environments. Filled with illustrative examples from a wide range of organizations, including the Peace Corps, the U.S. military, and many Fortune 500 companies, *Cultural Agility* offers business leaders and human resource professionals a step-by-step guide for creating and implementing highly effective, cutting-edge talent management practices to increase cross-cultural competence throughout their organizations. Validated through several years of her research and practice, Paula Caligiuri outlines the “Cultural Agility Competency Framework.” This framework sets the foundation for the strategic talent management practices organizations need to effectively build a pipeline of culturally agile professionals, such as how to attract, recruit, and select professionals with cultural agility or those with the greatest propensity to readily develop cultural agility. *Cultural Agility* also provides guidance for creating organizational cultures and HR systems to support the development of a workforce that is culturally agile. For example, international assignments are commonly enlisted as a means of developing global leaders, but these have proven to be only partially effective for building cultural agility. Caligiuri offers training and development practices that organizations can use in a learning system to continually build professionals' cross-cultural competencies, including specific recommendations for designing truly developmental international assignments. This book is a must-have resource for human resource professionals and all business leaders who know that the key to their organizations' success in today's complex global economy is their culturally agile human talent.

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