

Julie Pech

The Chocolate Therapist, LLC

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Writing Credits

BOOK

The Chocolate
Therapist: A
User's Guide to
the Extraordinary
Health Benefits of
Chocolate

E-BOOK

Haute Cacao:
Creative Uses of
Dark Chocolate
and Cacao Nibs

E-BOOK

Chocolate Soiree:
How to Throw the
Ultimate
Chocolate Party

ARTICLES

Hypnotherapy for
Faster Change

10 Perfectly Sane
Reasons to Eat
Chocolate

Why Men Need
Chocolate Too

Bar Trek: The
Wrath of the
Wrapper

Who is "the chocolate therapist?"

Julie Pech has embodied a passion for health and nutrition since childhood. As a long time competitor in a variety of sports, nutrition-for-performance was always a focus. She studied science and nutrition in college and later earned a degree in Psychology from CU Denver.

After working for 12 years in the wholesale sporting goods industry, she left her management position to launch her own corporate apparel company, selling it five successful years later to follow her dream of writing. With her psychology, nutrition and chocolate passions in order, she set out to prove that when you combine the mind, the body and chocolate, something extraordinary happens.

Julie regularly speaks to groups of all kinds about the health benefits of chocolate. She travels internationally as a guest lecturer with cruise companies, hosts fund raising events and teaches chocolate and wine and chocolate and tea classes. A percentage of all profits generated from her book and website fund The Dragyn Foundation, an organization she created to benefit worldwide children's programs.

Most recently, she wrote and released the e-book "Chocolate Soiree: How to Throw the Ultimate Chocolate Party" to address the growing popularity of chocolate parties. The book includes a 4-week planning guide and printable information to make party planning easy.

Julie has also written the e-cookbook "Haute Cacao: Creative Uses of Dark Chocolate and Cacao Nibs" designed to help readers of "The Chocolate Therapist" easily incorporate healthy chocolate into their lives.

In her spare time, Julie works as a certified hypnotherapist specializing in goal achievement, sports performance and career advancement. She has written articles dedicated to helping others achieve their dreams and goals for numerous publications.

For more information about this author, please refer to her websites:

www.thechocolatetherapist.com
www.goalfocusedtherapy.com