

Chocolate is Better is a novel that shares the love, joy, and pain that black girls experience growing up, while learning to love oneself and gain self-confidence. The story offers funny, amusing, and laughable insights into how black girls motivate themselves against the truth about being a black girl in real society. Regardless of being young or old, readers will connect and relate to this bittersweet chocolate adventure that these girls partake in as they discover their full ability, strength, and motivation to win over the worlds eyes. You will laugh as you reveal and recognize that you too have perceived being a chocolate girl. Linda Wilson McDowell is an African American author, minister, wife, mother, and grandmother who knows the devastating effects of grief, loss, emotional abuse, and poverty. As a child, her imagination guided her as she visualized becoming a star, being liked as a little chocolate girl, and winning the affection of everyone around her. Childhood dreams of success came to a halt when she experienced motherhood at an early age and her goals became seemingly unattainable. Beating the odds, she graduated from Fresno City College, and organized the annual womens conference Women Empowering Women Ministry, which emphasizes vision and a purpose-driven life for women in prison and in drug and alcohol programs. Today she presents inspirational talks to men, women, and children by motivating them to attain a higher level standard of living than thought possible. Her inspirational words will address every womans need to be loved, accepted, and supported. Her spirituality, love for God, passion, and drive has made her achieve all the things she ever dreamed. Publishers website: <http://sbprabooks.com/LynnVern>

The Prince of the Marshes: And Other Occupational Hazards of a Year in Iraq, The Losing Game: Why You Cant Beat Wall Street, Refiguring Authority: Reading, Writing, and Rewriting in Cervantes (Studies in Romance Languages), A Year in the Life of a: a memoir to the best of the recollection of Ernie Witham, Abrams Guide to Grammar, Rebels and Redcoats, Gold Orsay: Middle School Mathematics Olympiad and practice problem-solving skills (grade 9), Many a True Word,

Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. Studies show that dark chocolate (not the sugary crap) can improve your health and lower the risk of heart disease.

Dark chocolate has a more pronounced chocolate taste than milk chocolate, because it does not contain milk solids to compete with the chocolate taste. However, the lack of milk additives also means that dark chocolate is more prone to a dry, chalky texture and a bitter aftertaste. Learn the health benefits of dark chocolate, how to source the best quality chocolate and the little-known compound that makes chocolate so. I'll do anything- well nearly anything for some smooth, creamy chocolate. TOP THIRTY REASONS WHY CHOCOLATE IS BETTER THAN SEX. You can GET. Dark chocolate: once considered a rare treat is now mainstream. It's become the snack of choice for healthy eaters. For good reason. It feels decadent, tastes.

By Kati Mora, RD for visualwalkthroughs.com With all the recent talk about how certain types of chocolate are indeed good for you, an excuse to eat. The darker, the better. Unsweetened dark cocoa powder is great for you, because it has no fat or sugar, and it's high in antioxidants. Avoid chocolate candies.

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