

### ***Julie Nygard / Bio***

Julie Nygard has a degree in psychology from the University of Colorado in Denver as well as a Nutrition Educator's Certificate from Bauman College of Holistic Nutrition and Culinary Arts in Boulder, Colorado. She's a business owner, the author of six books (titles below) and has given a TEDx presentation on the health benefits of chocolate. For more than 20 years, Julie has spoken professionally on the topics of nutrition and wellness, the health benefits of chocolate, and leadership and women's entrepreneurship. She's the founder of The Chocolate Therapist chocolate company, and has traveled internationally on cruise lines as a guest lecturer. She also teaches chocolate & wine classes, and she's actively involved in supporting local and international charities through her business.

Julie's mission is to help bring happiness into people's lives. Whether it's giving a keynote on workplace wellness, creating all-natural chocolate, teaching a chocolate and wine classes, educating people on nutrition for mental performance, or inspiring life changes, she works to help people become more aware of the power they have to create their own happiness and well-being. Julie also hosts the "Power Your Mind" podcast and the "Chocolate Therapist TV" YouTube station.

### ***Julie's books***

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

Dare to Pair: The Ultimate Guide to Chocolate and Wine Pairing

The Last Damn Diet: A Step-by-Step Guide to End Your War with Food Forever

Life Overhaul: How to Reinvent Yourself at Any Age

101 Easy Ways to Be Happier

101 Easy Ways to Be Healthier

### ***Connect***

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