

# Julie Pech

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## Writing Credits

### BOOK

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

### BOOK

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

### E-BOOK

Haute Cacao:  
Creative Uses of  
Dark Chocolate  
and Cacao Nibs

### E-BOOK

Chocolate Soiree:  
How to Throw the  
Ultimate  
Chocolate Party

### ADDITIONAL

Numerous articles  
on chocolate,  
available on  
request.

## WHO IS "THE CHOCOLATE THERAPIST"?

### Passion

Julie Pech has had a lifetime passion for health and nutrition, researching popular diets and food trends for more than 25 years. She studied nutrition in college and also has a Nutrition Educator's Certificate from Bauman College of Holistic Nutrition and Culinary Arts. Julie had long considered chocolate her second passion, yet she rarely consumed it until the health benefits of chocolate news broke. She decided to capitalize on the opportunity to combine her lifelong loves. Her book, *The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate* is the result of this unique intersection.

### Speaking

Julie gives 10-15 presentations per month to various groups about chocolate and healthy eating. She presents at corporate sessions, luncheons, schools, for women's groups, men's groups, government agencies, non-profit organizations, private events and more. She also teaches chocolate & wine pairing and chocolate & tea pairing classes and has traveled internationally as a guest speaker on cruise lines, offering a series of lectures about chocolate.

### Chocolate Company

Julie's company, The Chocolate Therapist, Inc, handcrafts all-natural chocolates onsite in Littleton, Colorado. Her chocolate collection is made with natural chocolate, nuts, berries, spices and organic flavoring oils, all custom-designed to promote optimal health and support the natural-eating concepts in her book.

### Radio/TV

Julie has appeared on local television and national radio numerous times to educate people about the health benefits of chocolate. She's currently in the process of developing partnerships to produce a television show about her shop, The Chocolate Therapist.

### Additional Books

In addition to *The Chocolate Therapist*, Julie is also the author of *Dare to Pair: The Ultimate Guide to Chocolate & Wine Pairing*, as well as the e-books *Chocolate Soiree: How to Throw the Ultimate Chocolate Party*, and *Haute Cacao: Creative Uses of Dark Chocolate and Cacao Nibs*.

### Charity

Julie gives a percentage of profits from all book and chocolate sales to children's programs focused on poverty, hunger, shelter, medical issues and education.

### Education/Experience

Julie Pech graduated from the University of Colorado in Denver with a degree in psychology. After thirteen years as a department manager for a wholesale sporting goods company, she left to start her own company. Five successful years later, she sold it to pursue her dream of becoming an author.

**Additional information available at [www.TheChocolateTherapist.com](http://www.TheChocolateTherapist.com).**