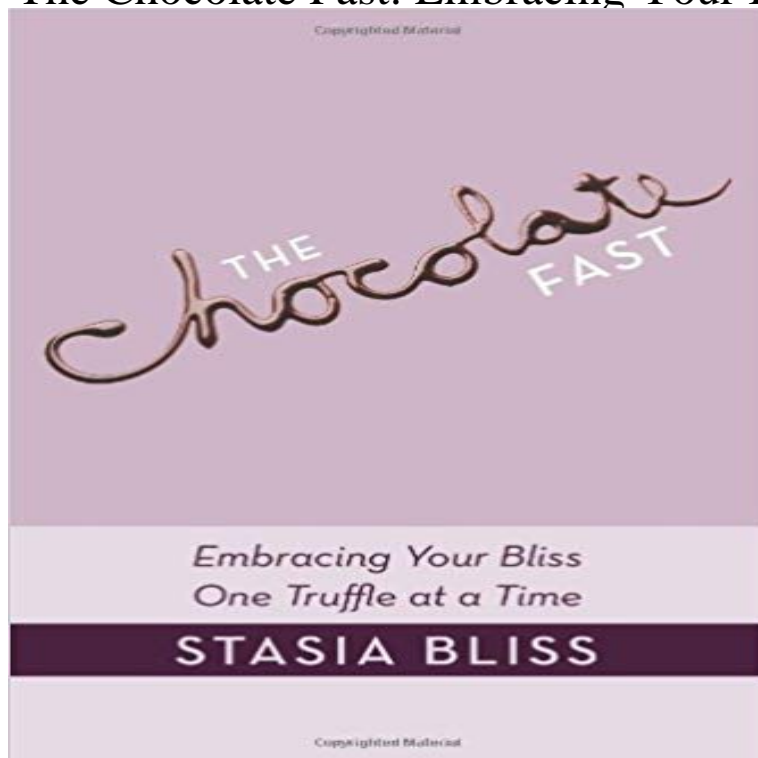


The Chocolate Fast: Embracing Your Bliss One Truffle at a Time



What if eating chocolate for one full day, guilt-free, could tap you into your most authentic self? The Chocolate Fast suggests that when you embrace something you love-fully-there is an alignment that takes place within you that allows you to tap into the creative power of the universe, your birthright. What is this alignment? How does it happen? Why is chocolate such a powerful and natural tool? Explore how our relationship with chocolate mirrors our relationship with the deepest part of self. Historically, fasting has been used to help the seeker in the quest to receive a more pure connection with source. In The Chocolate Fast, the road blocks that so often inhibit many from taking this empowering journey are removed. Author Stasia Bliss brings yogic wisdom, quantum physics, the law of attraction, knowledge from various time-honored traditions, and modern studies together with her love of chocolate to create a unique and heartfelt opportunity to once again find bliss in everyday life!

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