

***Eat (More) Chocolate – Lose Weight (Anyway):  
The Chocoholic’s Survival Guide and Practical Handbook***

News Release  
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***They Said; “You Can’t Do That”...Oh Yeah?***

**Texas Independent Chocolatier/Philosopher Advocates for Local/Independent Businesses**

Conventional wisdom says it is nigh impossible to sell an independently published book, especially without the help of a major distributor. But conventional wisdom never met Anne Isham. Look under any rock in Texas Hill Country and you’ll likely find an author, but you’ll find precious few like Anne Isham. After selling out the first two printings of “*Eat Chocolate – Lose Weight: The Chocoholic’s Survival Guide and Practical Handbook*” Isham has revised, expanded and updated her fascinating multi-faceted publication on the many wondrous benefits of chocolate, when combined with a healthy life style.

The newly revised and expanded ***Eat (More) Chocolate- Lose Weight (Anyway): The Chocoholic’s Survival Guide and Practical Handbook*** is every bit as entertaining as it is informative. Isham details in a very upbeat style all the facts about chocolate as well as her philosophical take on its use as a healthful food as well as both the means of and the reason for celebration. New in this edition are several health conscious recipes such as *Date Fudge*, *Chocolate Bottom Pumpkin Custard*, and very nutritious *Chocolate Gingerbread People*; and an entirely new section: Chocolate for Children. The very practical and helpful Eleven Step Program for the Chocolate Life remains essentially the same; a detailed guide to healthy weight control that allows for chocolate indulgence.

Anne Isham “***Eat (More) Chocolate – Lose Weight (Anyway): The Chocoholic’s Survival Guide and Practical Handbook***” [www.chocomonkie.com](http://www.chocomonkie.com) [anne@chocomonkie.com](mailto:anne@chocomonkie.com)

Isham is obviously devoted to the point of obsession to chocolate, yet she approaches the subject pragmatically and with excellent advice for anyone, whether chocolate devotee or not, interested in healthy good looks and youthful longevity.

The Texas author summarized her latest work this way, “This is a lifestyle book. It’s about morphing your self from an out-of-control, indiscriminate chocoholic into a sleek, svelte, sophisticated connoisseur of fine chocolate. It’s about taking responsibility for what you eat and not settling for inferior food.” Her adventurous spirit led Anne to test her theories on chocolate’s enhancement of strength, stamina, endurance and personal resolve while exploring remote and exotic places, including a successful trek to the top of Mt. Kilimanjaro in Tanzania, bicycling the back roads of The Netherlands and a recent trek of the Inca Trail in Peru.

The same day “***Eat Chocolate – Lose Weight: The Chocoholic’s Survival Guide and Practical Handbook***” was published Anne loaded her dog, Zuni, and several cases of books into her Prius and launched her own promotional book tour of Texas, New Mexico and Colorado. Driving through the mountain passes of Colorado in a raging blizzard, on wheels the size of dinner plates, is an example of Isham’s resourcefulness and resolve.

Isham is also devoted to the cause of independent chocolatiers and independent book stores. In an effort to support locally owned and operated businesses, Isham sells her book only to locally owned and operated businesses and charitable organizations for fundraisers. She does this because she loves the feel of the old independent book stores and the fine chocolates produced locally by independent chocolatiers

Anne Isham “***Eat*** (More) ***Chocolate – Lose Weight*** (Anyway): *The Chocoholic’s Survival Guide and Practical Handbook*” [www.chocomonkie.com](http://www.chocomonkie.com) [anne@chocomonkie.com](mailto:anne@chocomonkie.com)