



# **Why Women Need Chocolate: How to Get the Body You Want by Eating the Foods You Crave**

*Debra Waterhouse*

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Waterhouse, a bestselling author & nutritionist, has conducted groundbreaking research that shows that chocolate is the number-one craved food among women. And she has found that sensibly indulging your craving for chocolate or any other food is better than depriving yourself. That's because contrary to popular belief, food cravings are not a problem to be treated. When you carefully give in to cravings, you can actually improve your mood, lift your spirits &, in the long run, develop sensible eating patterns. She teaches the food-mood connection that helps women lose weight, boost energy, & maximize mood-elevating brain chemicals.



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