

# ben and jerry chocolate therapy

**ben and jerry chocolate therapy** is a beloved flavor from the iconic ice cream brand Ben & Jerry's that has captured the hearts and taste buds of dessert enthusiasts worldwide. Known for its rich chocolate base combined with an indulgent mix of fudge brownies and chocolate chunks, this flavor offers a decadent experience that goes beyond ordinary ice cream. This article delves into the origins, ingredients, nutritional information, and popular pairings of Ben and Jerry Chocolate Therapy. Additionally, it explores the brand's commitment to quality and sustainability, as well as how this flavor fits within the broader lineup of Ben & Jerry's chocolate-based offerings. Whether you are a longtime fan or a curious newcomer, this comprehensive guide will provide valuable insights into why Chocolate Therapy remains a staple for chocolate lovers everywhere. Below is a detailed table of contents outlining the key sections of this article.

- Understanding Ben and Jerry Chocolate Therapy
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## Understanding Ben and Jerry Chocolate Therapy

Ben and Jerry Chocolate Therapy is a signature flavor crafted by Ben & Jerry's, renowned for its luxurious chocolate experience. This ice cream combines a rich chocolate ice cream base with chunks of fudge brownies and chocolate chunks, creating a multi-textured delight. It is designed to satisfy the cravings of chocolate aficionados by delivering intense cocoa flavors enhanced by chewy and crunchy inclusions. Since its introduction, Chocolate Therapy has been celebrated for its balance of sweetness, bitterness, and texture, making it a favorite among Ben & Jerry's extensive flavor portfolio. The creation reflects the brand's dedication to innovative and indulgent ice cream experiences that appeal to a wide audience.

## History and Creation

The Chocolate Therapy flavor was developed as part of Ben & Jerry's ongoing effort to craft unique and memorable ice cream varieties. Drawing inspiration from classic chocolate desserts, the flavor was designed to offer a comprehensive chocolate experience. The inclusion of fudge brownies and chocolate chunks was intended to elevate the sensory appeal beyond a simple chocolate ice cream.

Over the years, Chocolate Therapy has maintained its popularity due to its consistent quality and rich taste, becoming a go-to option for customers seeking a chocolate fix.

## **Brand Positioning**

Ben & Jerry's positions Chocolate Therapy as a decadent treat that combines indulgence with quality ingredients. The brand leverages its reputation for using Fairtrade-certified cocoa and ethically sourced ingredients to appeal to conscious consumers. Chocolate Therapy embodies the brand's philosophy of creating premium ice cream with a social and environmental conscience, making it not just a flavorful choice but also a responsible one.

## **Ingredients and Flavor Profile**

The success of Ben & Jerry's Chocolate Therapy lies in its carefully selected ingredients that deliver a harmonious blend of flavors and textures. The ice cream base is a creamy, intensely chocolate-flavored custard that serves as the foundation for the mix-ins. The inclusion of fudge brownie pieces and chocolate chunks adds complexity and richness to each bite, providing a contrast in texture that enhances the overall eating experience.

## **Main Ingredients**

Key ingredients in Chocolate Therapy include high-quality cocoa, cream, sugar, fudge brownie chunks, and chocolate pieces. The cocoa used is typically Fairtrade-certified, reflecting Ben & Jerry's commitment to ethical sourcing. The fudge brownies contribute a chewy, chocolatey texture, while the chocolate chunks add bursts of rich cocoa flavor and a slight crunch. Other ingredients may include milk, egg yolks, and natural flavorings to create a smooth and luxurious ice cream base.

## **Flavor Characteristics**

Chocolate Therapy is characterized by its deep chocolate flavor profile, which balances sweet and slightly bitter notes of cocoa. The fudge brownies offer a soft, chewy texture with intense chocolate richness, while the chocolate chunks provide a contrasting crunch and bursts of cocoa intensity. This combination creates a multi-layered sensory experience, appealing to both casual ice cream eaters and chocolate connoisseurs alike.

## **Nutritional Information and Dietary Considerations**

Understanding the nutritional content of Ben & Jerry's Chocolate Therapy is essential for consumers mindful of their dietary intake. As a premium ice cream product, Chocolate Therapy is indulgent and calorie-dense but also offers a source of energy and pleasure. It is important to consider portion size and dietary restrictions when enjoying this flavor.

## Caloric and Macronutrient Content

A typical serving of Chocolate Therapy contains approximately 250-300 calories, depending on the portion size. It is rich in fats, primarily from cream and chocolate, with a balanced amount of carbohydrates mostly from sugars and brownie pieces. Protein content is moderate, derived from dairy ingredients. Consumers should be aware of the sugar content, which contributes to the overall sweetness and flavor intensity.

## Allergens and Dietary Notes

Chocolate Therapy contains common allergens such as milk, eggs, and gluten due to the presence of dairy and fudge brownies. It is not suitable for individuals with lactose intolerance, egg allergies, or gluten sensitivity. Ben & Jerry's often provides detailed allergen information on packaging to assist consumers in making informed decisions. Additionally, the product is not vegan, as it contains dairy and egg products.

## Popularity and Consumer Reception

Ben and Jerry Chocolate Therapy has garnered positive reception from consumers and critics alike. Its status as a chocolate lover's favorite has been reinforced through consistent sales and favorable reviews. The flavor's rich and satisfying profile appeals to a broad demographic, including young adults, families, and chocolate enthusiasts.

## Consumer Feedback

Many consumers praise Chocolate Therapy for its intense chocolate flavor and the enjoyable texture of the added fudge brownies and chocolate chunks. The blend of creamy ice cream with chewy and crunchy elements is frequently highlighted in reviews. The flavor's ability to provide a comforting and indulgent experience has made it a staple in households and a popular choice at retail outlets.

## Comparative Analysis

When compared to other chocolate-based ice creams, Chocolate Therapy stands out for its combination of multiple chocolate components. Unlike simple chocolate ice creams, it offers a more complex and satisfying experience. Its reputation for quality ingredients and ethical sourcing also differentiates it from competing brands.

## Pairings and Serving Suggestions

To maximize the enjoyment of Ben and Jerry Chocolate Therapy, various pairings and serving methods can be employed. These enhance the flavor profile and create a more dynamic dessert experience. From toppings to complementary beverages, there are several ways to savor this ice cream.

## Recommended Pairings

- **Fresh Berries:** Strawberries, raspberries, or blueberries provide a tart contrast to the sweetness of the chocolate ice cream.
- **Nuts:** Toasted almonds, pecans, or walnuts add crunch and a nutty flavor that complements the chocolate.
- **Caramel or Raspberry Sauce:** Drizzling sauces adds moisture and additional flavor layers.
- **Espresso or Coffee:** Serving Chocolate Therapy alongside a shot of espresso can enhance the chocolate notes and balance sweetness.
- **Whipped Cream:** A dollop of whipped cream lightens the richness and adds creaminess.

## Serving Tips

Serving Chocolate Therapy slightly softened allows the fudge brownies and chocolate chunks to be more easily savored alongside the creamy ice cream. It can be served in bowls, cones, or as part of sundaes and milkshakes. Additionally, pairing it with warm desserts such as brownies or chocolate cake can create a decadent warm-cold contrast.

## Ben & Jerry's Commitment to Quality and Sustainability

Ben & Jerry's is recognized for its dedication to producing high-quality ice cream while maintaining strong environmental and social responsibility standards. Chocolate Therapy benefits from these commitments, ensuring that consumers receive a product that aligns with ethical considerations.

## Fairtrade and Ethical Sourcing

The cocoa used in Chocolate Therapy is Fairtrade-certified, ensuring that the farmers who produce the raw materials receive fair compensation and work under ethical conditions. This commitment helps promote sustainable farming practices and supports communities in cocoa-producing regions.

## Environmental Initiatives

Ben & Jerry's actively engages in reducing its environmental footprint through efforts such as utilizing renewable energy, minimizing waste, and sustainable packaging practices. These initiatives contribute to the overall sustainability of products like Chocolate Therapy.

## Other Chocolate-Based Ben & Jerry's Flavors

Chocolate Therapy is part of a broader selection of chocolate-inspired flavors offered by Ben & Jerry's. These varieties cater to different tastes and preferences while maintaining the brand's hallmark quality.

## Popular Chocolate Flavors

- **Chocolate Fudge Brownie:** Features chocolate ice cream with fudge brownies, focusing heavily on brownie chunks.
- **Milk & Cookies:** Combines chocolate and vanilla ice creams with cookie dough pieces.
- **Half Baked:** A blend of chocolate and vanilla ice cream with fudge brownies and cookie dough.
- **Chocolate Chip Cookie Dough:** Vanilla ice cream with chocolate chip cookie dough pieces and chocolate chunks.

## Flavor Innovation

Ben & Jerry's continues to innovate with chocolate flavors by introducing limited edition varieties and experimenting with new ingredient combinations. This ongoing creativity ensures that chocolate lovers always have exciting options to explore within the brand's lineup.

## Frequently Asked Questions

### What is Ben and Jerry's Chocolate Therapy?

Ben and Jerry's Chocolate Therapy is a popular ice cream flavor made with chocolate ice cream, chocolate cookies, and swirls of chocolate pudding ice cream.

### When was Ben and Jerry's Chocolate Therapy first introduced?

Chocolate Therapy was first introduced by Ben and Jerry's in 2014 as part of their core flavor lineup.

### Is Ben and Jerry's Chocolate Therapy gluten-free?

No, Chocolate Therapy contains chocolate sandwich cookies that have gluten, so it is not suitable for a gluten-free diet.

## **Does Ben and Jerry's Chocolate Therapy contain nuts?**

Ben and Jerry's Chocolate Therapy does not list nuts as an ingredient, but it may be processed in facilities that handle nuts, so cross-contamination is possible.

## **What makes Ben and Jerry's Chocolate Therapy unique compared to other chocolate ice creams?**

Chocolate Therapy combines multiple chocolate elements including chocolate ice cream, chocolate cookies, and chocolate pudding swirls for a rich, multi-textured chocolate experience.

## **Where can I buy Ben and Jerry's Chocolate Therapy?**

Ben and Jerry's Chocolate Therapy is widely available at grocery stores, convenience stores, and online retailers where Ben and Jerry's ice cream is sold.

## **Is Ben and Jerry's Chocolate Therapy suitable for vegans?**

The classic Chocolate Therapy contains dairy and is not vegan. However, Ben and Jerry's offers some vegan ice cream flavors, but Chocolate Therapy is not currently one of them.

## **How many calories are in a serving of Ben and Jerry's Chocolate Therapy?**

A typical serving size (1/2 cup) of Ben and Jerry's Chocolate Therapy ice cream contains approximately 270 calories.

## **Additional Resources**

### *1. Ben & Jerry's Chocolate Therapy: The Sweet Science Behind the Scoop*

This book delves into the fascinating history and unique science behind Ben & Jerry's Chocolate Therapy ice cream. Readers will discover how the perfect blend of chocolate and cream was developed, and the innovative techniques used to create its rich, creamy texture. It's a delightful read for both ice cream lovers and food science enthusiasts.

### *2. Chill Out with Chocolate Therapy: Recipes Inspired by Ben & Jerry's*

Explore a collection of homemade recipes inspired by the beloved Chocolate Therapy flavor. From decadent ice cream sundaes to creative desserts, this book offers step-by-step guides to recreating the magic at home. It's perfect for those who want to enjoy the taste of Ben & Jerry's in new and exciting ways.

### *3. The Ben & Jerry's Guide to Ice Cream Alchemy: Chocolate Therapy Edition*

This guide provides an in-depth look at the art and craft of ice cream making, with a special focus on Chocolate Therapy. It covers everything from ingredient selection to mixing techniques, helping readers understand what makes this flavor a standout. Ideal for aspiring ice cream makers and fans alike.

### *4. Sweet Comfort: The Cultural Impact of Ben & Jerry's Chocolate Therapy*

Discover how Ben & Jerry's Chocolate Therapy has influenced pop culture and social movements. This book explores the brand's commitment to social justice alongside its delicious creations. It reveals the story behind the flavor and its role in spreading joy and awareness.

#### 5. *Frozen Delights: The Story of Ben & Jerry's Chocolate Therapy*

This narrative chronicles the journey of Chocolate Therapy from concept to one of the most popular flavors in the Ben & Jerry's lineup. Featuring interviews with the creators and behind-the-scenes anecdotes, it's a captivating story of innovation and passion in the ice cream world.

#### 6. *Decadent Desserts with Ben & Jerry's Chocolate Therapy*

A dessert cookbook that highlights Chocolate Therapy as the star ingredient in various sweet treats. Readers will find recipes for cakes, brownies, milkshakes, and more, all incorporating the signature flavor. It's perfect for those looking to elevate their dessert game with a chocolatey twist.

#### 7. *The Flavor Lab: Experimenting with Ben & Jerry's Chocolate Therapy*

Step into the flavor lab where creativity meets ice cream science. This book encourages readers to experiment with Chocolate Therapy by adding unique mix-ins and creating custom variations. It's an inspiring guide for adventurous foodies and ice cream innovators.

#### 8. *Ben & Jerry's Chocolate Therapy: A Scoop of Happiness*

This uplifting book celebrates the joy and comfort that Chocolate Therapy brings to millions of fans worldwide. Filled with heartwarming stories, fun facts, and beautiful photography, it captures the essence of why this flavor is so beloved. A perfect gift for anyone who appreciates the sweeter things in life.

#### 9. *From Cow to Cone: The Making of Ben & Jerry's Chocolate Therapy*

Explore the sustainable practices and ethical sourcing behind Chocolate Therapy's ingredients. This book provides an inside look at the farm-to-table process that ensures quality and responsibility. It's an eye-opening read for those interested in food ethics and sustainability in the ice cream industry.

## **Ben And Jerry Chocolate Therapy**

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**ben and jerry chocolate therapy: Snack Girl to the Rescue!** Lisa Cain, 2014-04-15 Do you need to be rescued from bad eating habits and junk food? Are you looking to adopt a healthier lifestyle but don't know where to begin? Well, fear not because Lisa Cain, a.k.a. "Snack Girl," is here to help! A busy mother of two, Lisa faces the same challenges to healthy eating that we all do—unlimited access to junk food, a jam-packed schedule, a tight budget, and a love of delicious food. So in *Snack Girl to the Rescue*, she has created a way to make small changes that will make a difference in how you eat and live. On her mega-popular blog *Snack-Girl.com*, she shares the simple secrets and delicious, healthful recipes that have helped keep her budget and her body in check, without sacrificing fun or flavor. Now with *Snack Girl to the Rescue! A Real-Life Guide to Losing Weight and Getting Healthy with 100 Recipes Under 400 Calories*, Lisa is sharing her best, tried and

true advice on avoiding common weight-loss pitfalls, shopping healthier on a budget, and getting in shape, along with 100 recipes for fun, quick, and affordable meals and snacks—all of which clock in under 400 calories and are Weight Watchers friendly! There are no gimmicks, no short cuts, it's just how you're supposed to live: a healthy balanced life. Lisa shows us in this book, that nobody is perfect—but with a few minor tweaks, you can change your lifestyle, be happy and be healthy.

**ben and jerry chocolate therapy:** *Awakening Pure Worship* Jeff Deyo, 2018-09-18 *Awakening Pure Worship* isn't a book just for worship leaders and teams - it's a book for all believers seeking the heart of who God is and what He desires most from us. It reminds us of what worship really is as well as what worship is not!

**ben and jerry chocolate therapy:** Best Foot Forward Tamie Dearen, What happens when your brother makes you think the girl you love is trying to hide from a stalker? You might just do something crazy... Grace Marshall knows guys are only attracted to her physically, and that attraction is bound to wear off. That's why she's so careful to guard her heart. That is, until Brad comes along and starts tearing down her defenses. When he mentions the word love she breaks off the relationship. It was the right thing to do... So why does she feel so miserable? Doctor Brad Gates is in love with Grace. The little dynamo won him over with her zest for life and love of sports. But she's skittish where love is concerned. She tries to end the relationship, but Brad isn't going down without a fight. Grace soon regrets her decision. But every attempt to communicate with Brad is thwarted. Could it be a sign they shouldn't be together? When Brad's interfering brother spins a story about Grace's fear of a crazed stalker and her resulting decision to pursue plastic surgery, the rollercoaster goes for a loop. But a concussion can hardly make him feel any worse than he does already. If you love sweet romance that will make you laugh and cry and leave you with a smile, you'll love USA Today Bestselling Author Tamie Dearen's Best Girls Series! Grab this fun medical romance today!

**ben and jerry chocolate therapy:** *Home on the Ranch: The Texas Cowboy Way* Tanya Michaels, Virna DePaul, 2018-09-04 There's no place like Texas Claimed by a Cowboy Lorelei Keller left Fredericksburg, Texas, in the dust years ago. After coming home for her mom's funeral, she's shocked to learn that Sam Travis has inherited the family B and B. Did the sexy cowboy manipulate his way into her mother's heart? Lorelei is determined to clean up this mess, and then get the heck out of Texas. There's nothing to keep her there now—except maybe Sam. Texas Stakeout A US marshal and city wrangler at heart, Dylan Rooney has a new assignment in the heart of Texas: protect Rachel Kincaid, a widow with a young son whose ranch hand has just been killed. Posing as the new ranch hand, Dylan quickly learns that his job won't be easy—especially when Rachel's fugitive brother is the prime suspect. And when the woman he's vowed to protect is the same woman he's falling for.

**ben and jerry chocolate therapy:** *Retail Therapy* Amanda Ford, 2002-09-15 An anecdotal look at the pleasures of shopping recounts the author's favorite experiences while explaining how shopping can enable readers to examine truths about their lives and develop an awareness of their decision-making processes. Original. 25,000 first printing.

**ben and jerry chocolate therapy:** *Bye, Bye Love* K. J. Larsen, 2015-04-07 *Chicago's Pants On Fire* Detective Agency targets liars and cheats. But PI Cat DeLuca is once again up to her smokin' skinny jeans in murder. Cat is out running in a neighborhood park when she crashes over the faceless body of Bernie Love. Bernie was the finance guy to the scary Provenza family, with whom he grew up. And friend to Cat's shady, Ferrari-wheeling-cop Uncle Joey. As she hauls out her phone, Cat is assaulted by someone with a Rolex, stun gun, and wheelbarrow. When the cops show up, the killer is gone. And so is the body. Captain Bob, a stickler for habeas corpus, blows off Cat's story. Stung by a chorus of snickers from the Ninth Precinct, home base for DeLuca men, Cat vows to make her case and goes after Rolex man. The murderer, desperate to silence the only person who can place him at the park, comes after Cat. She's quickly on a collision course with the deadliest adversary she's ever encountered—but she has the help of her beagle partner, her gun-happy assistant, an ex-spy (or two), and her outrageous, interfering Italian family. Meanwhile her hot, FBI-boyfriend seems

sidelined in Vegas. In *Bye, Bye, Love*, K.J. Larsen delivers another nail-biting tale rife with unexpected plot twists, zany characters, fabulous food, and laugh-out-loud humor.

**ben and jerry chocolate therapy: Hello, My Name Is Awesome** Alexandra Watkins, 2019-10-01 One of Inc. Magazine's "Top 10 Marketing Books": The "must-read" guide to naming products and businesses, updated with new stories and resources (Nir Eyal, author of *Indistractable*). Too many new companies and products have names that look like the results of a drunken Scrabble game (Xobni, Svbtile, Doostang). In this entertaining and engaging book, ace naming consultant Alexandra Watkins explains how anyone—even noncreative types—can create memorable and effective brand names. No degree in linguistics required. Watkins lays out in detail the elements of names that suit your target market and make people stop in their tracks and smile—and those that just make them scratch their heads and keep walking. In witty prose and with numerous examples, she reveals how entrepreneurs and businesses can come up with brand names that are evocative and memorable while also leaving room for long-term growth and larger possibilities, and avoid those that leave potential customers cold and are quickly forgotten. This extensively revised second edition has double the number of brainstorming tools and techniques, even more secrets and strategies to nab an available domain name, a brand-new chapter on how companies are using creative names around the office to add personality to everything from cafeterias to conference rooms, and new stories (of both hits and flops). Named a "Top 10 Branding Book" by Branding Journal, *Hello, My Name is Awesome* is the ultimate guide to naming your product or business. "Jam-packed with sound advice." —Publishers Weekly

**ben and jerry chocolate therapy: A Killer's Grace** Ronald Chapman, 2016-08-08 For Kevin Pitcairn, the letter from a serial killer awaiting execution comes with implications he can't ignore. The writer's guilt is clear—at least in a legal sense. But the questions he raises draw Pitcairn into a compelling journey of investigation whose profound psychological and spiritual implications hurl his life into upheaval. As he tries to determine and tell the killer's true story, Pitcairn plunges deeper into the pit his own demons have created and trapped him in. His journalist's curiosity becomes a compulsion as events bind him tighter and tighter, propelling him from New Mexico's stark high desert into an increasingly hostile wider world. Murder, mystery, and redemption shape Pitcairn's struggle to answer the moral questions left festering by the killer's horrible crimes: What is the nature of evil? What choices do any of us truly have? How can we reconcile with our most painful wounds and the people who have inflicted them?

**ben and jerry chocolate therapy: Daddy, Unexpectedly** Lee McKenzie, 2013-05-01 From *Friends To Lovers To...Parents?* Claire DeAngelo's fantasy was the white picket fence and a husband and babies. She thought she'd found it, but now she's getting a divorce. Her ex's behavior is bordering on harassment, so it's lucky Claire runs into her college buddy—now undercover cop—Luke Devlin. Luke can't believe his luck. He's investigating a smuggling ring, and Claire lives in the building he has under surveillance. What better way to keep an eye on the criminals than to move in! When Claire's ex becomes hostile, Luke's protective instincts take over and the attraction between old friends heats up. Back in college, Luke was a carefree playboy. So when Claire discovers she's pregnant, she knows better than to expect Luke to be family material. She's finally getting that white picket fence and a baby...even if there's a piece missing!

**ben and jerry chocolate therapy: Goodbye Comfort Food** Robin Rae Morris, 2019-04-02 Find a way out of emotional eating when life throws you a curveball with compassionate advice from the author of *Devour Obstacles for Dinner*. Why can't I stop eating when I'm so great at everything else? Are you a successful, loving woman who can't stop reaching for pizza and chocolate cake? Does the idea of a diet-free life sound like a pipe dream? Have you recently overeaten, then regretted it? Are you convinced that a bag of chips and a box of cookies are the best comfort for dealing with stress? If your answer is yes, there is a different way to 'do life.' In *Goodbye Comfort Food*, Robin Rae Morris, a licensed mental health professional, shares an upbeat, engaging, and proven process to help you eat to nourish your body. Here's what you'll learn: Why you turn to food for comfort. To eat when you're hungry. Stop when you're not. How to end the yo-yo weight cycles.

The shocking revelation that there are no good or bad foods. Why never going on a diet again can be the best decision you'll ever make. If you're ready to stop relying on comfort food to get you through the day-to-day buy this book today! "My clients with food issues are laughing and relating to this book in a way that brings them hope and supportive tools to use every day." —Wendi Carter, LCSW, counselor and life coach "Robin's insights are like the combination of your best friend, confidant, expert and equal." —Dr. Deborah Walters, author of *The Supreme Remedy*

**ben and jerry chocolate therapy: *Desert Song*** Brittnie Blackburn, 2017-01-10 Through her battle against an eating disorder, a struggle with infertility, discovering and addressing her daughter's disabilities, and the aching loss of a child, Brittnie Blackburn has walked the wilderness and come out the other side more certain of God's love and provision. In this honest, hope-filled memoir, she lays out how she overcame difficulty, chose joy despite circumstances, and how you can do the same. If you're feeling lost in your wilderness and long for a better, more joy-filled way, come learn how to sing the desert song.

**ben and jerry chocolate therapy: *Freeing Stella*** Zoe Lynne, 2014-01-09 Being True: Book Two Stella Marshall feels invisible to everyone but her sister Jessica and best friend Jenna. Thanks to their Friday night LGBTQ youth group meetings, she can be true to herself and cast aside the boy she was born as, Steven. The rest of the time, she locks herself away, because if her super conservative, Christian parents ever found out.... When her little sister admits to liking a girl as more than a friend, it becomes ten times harder for Stella to keep up the charade. She wants to stand by Jess and take some of the heat away, and that means coming out of the closet—even if it costs Stella her family and the girl of her dreams, Lillian Nelson. Unfortunately, it's too frightening to give up the security of hiding behind Steven. But Stella knows she has to be brave, for herself and her sister.

**ben and jerry chocolate therapy: *The Potty Mouth at the Table*** Laurie Notaro, 2013-05-07 Laurie Notaro thinks everyone's nuts. Or maybe there's just something wrong with her. Here, she examines the basic human condition of rudeness—other people's rudeness, that is—in her latest uproariously funny collection.

**ben and jerry chocolate therapy: *Purge*** Sarah Darer Littman, 2013-07-30 From acclaimed author Sarah Darer Littman, a striking story about a girl's recovery from bulimia in the tradition of *CUT*, *PERFECT*, and *GIRL INTERRUPTED*. Janie Ryman hates throwing up. So why does she binge eat and then stick her fingers down her throat several times a day? That's what the doctors and psychiatrists at Golden Slopes hope to help her discover. But first Janie must survive everyday conflicts between the Barfers and the Starvers, attempts by the head psychiatrist to fish painful memories out of her emotional waters, and shifting friendships and alliances among the kids in the ward.

**ben and jerry chocolate therapy: *1001 Dark Nights: Bundle Thirty-Eight*** Larissa Ione, Shayla Black, Heather Graham, Laurelin Paige, 2022-12-13 From New York Times and USA Today bestselling authors Larissa Ione, Shayla Black, Heather Graham, and Laurelin Paige... Four Dark Tales. Four Sensual Stories. Four Page Turners. Bond of Destiny by Larissa Ione Sold into slavery mere hours after his birth to werewolf parents, Tracker spent decades in service to cruel underworlders. Then the fallen angel Harvester transferred his ownership to a human woman who gave him as much freedom as the unbreakable bond would allow. Still, thanks to his traumatic past, he's afraid to trust, let alone feel love. But when Stacey Markham shows up at his door, injured and in need of help, he finds himself longing for a connection. For someone to touch. For someone to care. More Than Possess You by Shayla Black I'm Hayes Elliott. Since second grade, I've had one best friend, Echo Hope. When she graduates from college, of course I have to give her something amazing. Since I'll be on a business trip to Maui, I'm bringing her along for a week of fun and sun. But once she sheds her long skirts, serious buns, and combat boots for bikinis, I can't deny how stunning she is...and I can't stop wanting her. Haunted House by Heather Graham Krewe member Jon Dickson's fiancée Kylie Connelly is contacted by an old friend who has just moved to Salem, Massachusetts, when the unimaginable happens as Halloween approaches. Jenny Auger has just

managed to buy the historic home of her dreams. But it comes with far more history than she ever imagined—the skeletal remains of seven victims interred in the old walls of the house years and years before—along with a threatening curse. Man for Me by Laurelin Paige Brett Sebastian is the very best kind of friend. Who else would get me a job at one of the biggest corporations in America? And hook me up with his uber-rich cousin to boot? And let me cry on his shoulder every time said cousin blows me off? Okay, it's pretty obvious that Brett cares about me in a different way than I do for him, but he seems fine with how things are, and our friendship works. Until one fateful night when Brett utters four words that should make me happy for him. "I met a girl." And I'm forced to ask myself—am I only interested in Brett now that he's taken? Or have I been looking at the wrong man all along? \*\*Every 1001 Dark Nights novella is a standalone story. For new readers, it's an introduction to an author's world. And for fans, it's a bonus book in the author's series. We hope you'll enjoy each one as much as we do.\*\*

**ben and jerry chocolate therapy:** Daisy Does It All: A Fake Husband Small Town Romance (Clover Park, Book 2) Kylie Gilmore, 2014-04-18 Escape into this hilarious feel-good romance with a fake husband who wants to be the real deal! USA Today bestselling series. Reality is overrated... Exhausted single mom Daisy Garner is shocked when her blog about life with Darling Husband and Baby Delight in their charming Victorian home brings a national talk show to her door. Amazing! Except she made the whole thing up. Panic! Now she needs to borrow a Victorian house and find a man to play her fake husband on TV. Travis O'Hare steps up for the role, as long as she'll marry him for real. He wants their son to have the stable home life Travis never had. But before the wedding can happen, Travis and Daisy have to get through the interview with a ratings hungry host and a slick producer with ties to Daisy's troubled past. When a winter storm traps them all, it begs the question: can two people pretending at love finally discover the real thing? This feel-good romance stands alone with a swoonworthy happy-ever-after! No cliffhangers. Clover Park Series The Opposite of Wild (Book 1) Daisy Does It All (Book 2) Bad Taste in Men (Book 3) Kissing Santa (Book 4) Restless Harmony (Book 5) Not My Romeo (Book 6) Rev Me Up (Book 7) An Ambitious Engagement (Book 8) Clutch Player (Book 9) A Tempting Friendship (Book 10) Clover Park Bride: Nico and Lily's Wedding A Valentine's Day Gift (Book 11) Maggie Meets Her Match (Book 12) Keywords: contemporary romance, romantic comedy, chick lit, funny romance, humorous romance, humorous fiction, women's fiction, family saga, small town romance, romance series, clover park series, love triangle, saga, series romance, series, family sagas, fake relationship romance, second chance romance, romance series, romance, romantic, single mom, marriage, love, family life, friendship, Kylie Gilmore, USA Today bestselling author, sagas, romantic comedy series, single mom romance, steamy romance, romance series, new romance, romance books, small town romance, smart romance, hot romance, kylie gilmore romance, romcom, long romance series

**ben and jerry chocolate therapy:** Unlocking Your Creativity Doreen Marcial Poreba, 2015-05-05 Creativity is the engine that drives personal self-fulfillment and business innovation. The busier and the more complicated life gets, the more difficult it is to relax and let creative ideas flow. Idiot's Guides: Unlocking Your Creativity helps readers get past the barriers that keep them from being creative at work and in their daily lives. Helpful success stories are also included.

**ben and jerry chocolate therapy:** Texas Stakeout Virna DePaul, 2014-11-01 New York Times bestselling author Virna DePaul thrills with this story of a killer in waiting and a brother in hiding. Could they be the same person? Dylan Rooney is out of his element. A U.S. marshal and city-wrangler at heart, he must adopt a new cover—and a new client—in the heart of Texas. The assignment: protect Rachel Kincaid, a widow with a young son who realizes her struggles are just beginning when her ranch hand is killed. Posing as the new ranch hand, Dylan quickly learns that catching a killer may not be so simple—especially when Rachel's fugitive brother is the prime suspect. And when the woman he's vowed to protect is the same woman he's falling in love with.

**ben and jerry chocolate therapy:** The Charley Davidson Series, Books 4-6 Darynda Jones, 2015-04-14 Darynda Jones has garnered a strong following with her series starring Grim Reaper Charley Davidson. Here together for the first time in a stunning eBook bundle are the fourth, fifth,

and sixth novels in the New York Times bestselling paranormal series: *Fourth Grave Beneath My Feet* Since Charley's last case went so awry, she has taken a couple of months off to wallow in self-pity. But when a woman shows up on her doorstep convinced someone is trying to kill her, Charley has to force herself to rise above . . . or at least get dressed. In the meantime, the sexy, sultry son of Satan, Reyes Farrow, is out of prison and out of Charley's life. But she's having a hard time staying away...Just when life was returning to normal, Charley is thrust back into the world of crime, punishment, and the devil in blue jeans. *Fifth Grave Past the Light* Things get complicated for Charley when Reyes Farrow, moves in next door and then becomes her main suspect in an arson case. Charley has vowed to stay away from him until she can find out the truth...but then dead women start appearing in her apartment, one after another, each lost, confused, and terrified beyond reason. When it becomes apparent that her own sister, Gemma, is the serial killer's next target Charley has no choice but to ask for Reyes' help. But he wants something in return. Charley. All of her, body and soul. And to keep her sister safe, it is a price she is willing to pay. *Sixth Grave on the Edge* When the FBI file on Reyes' childhood happens to land into Charley's lap, she can't help herself: She opens it...and then the real fun begins. First, Charley finds a naked corpse riding shotgun in her car. Then, a man loses his soul in a card game. Throw in a Deaf boy who sees dead people, a woman running from mobsters, and a very suspicious Reyes, and things can't get any worse for Charley. Unless, of course, the Twelve Beasts of Hell are unleashed...

**ben and jerry chocolate therapy: Man For Me: A Man In Charge Novella** Laurelin Paige, 2022-01-24 From New York Times and USA Today bestselling author Laurelin Paige comes a new story in her *Man In Charge* series... Brett Sebastian is the very best kind of friend. Who else would get me a job at one of the biggest corporations in America? And hook me up with his uber-rich cousin to boot? And let me cry on his shoulder every time said cousin blows me off? Okay, it's pretty obvious that Brett cares about me in a different way than I do for him, but he seems fine with how things are, and our friendship works. Until one fateful night when I'm mooning over his cousin, and Brett utters four words that should make me happy for him, should make me relieved, should balance out our uneven relationship: "I met a girl." Suddenly my world is crashing down around me, and I'm forced to ask myself—am I only interested in Brett now that he's taken? Or have I been looking at the wrong man all along? \*\*Every 1001 Dark Nights novella is a standalone story. For new readers, it's an introduction to an author's world. And for fans, it's a bonus book in the author's series. We hope you'll enjoy each one as much as we do.\*\*

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