



# Chocolate, Peanut Butter & Life: Something Sweet for the Body and Soul

*Luann Dunnuck*

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## **Chocolate, Peanut Butter & Life: Something Sweet for the Body and Soul** Luann Dunnuck

Invigorating and inspiring, *Chocolate, Peanut Butter, and Life* reminds us to take time to enjoy the simple pleasures in life. Many times people take life too seriously and are overloaded by work, schedules, to do lists, and chores, causing them to forget to indulge in life—and dessert! We all need to be reminded there is a lighter side to our existence. These encouraging excerpts and recipes will put a smile on anyone's face. In this book you will find something sweet for the body and soul. Author Luann Dunnuck's love of chocolate and peanut butter inspired her to combine it with her desire to motivate others. Each chapter is both poignant and easy to understand and ends with a simple-but-decadent dessert recipe. Topics, including self-esteem, the importance of rest, and God's love for His children, promote emotional and spiritual health. This wonderful book, which makes a great gift for friends, will remind readers that no matter what they're going through or have been through, there is always a small gift of simplicity to enjoy.

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