

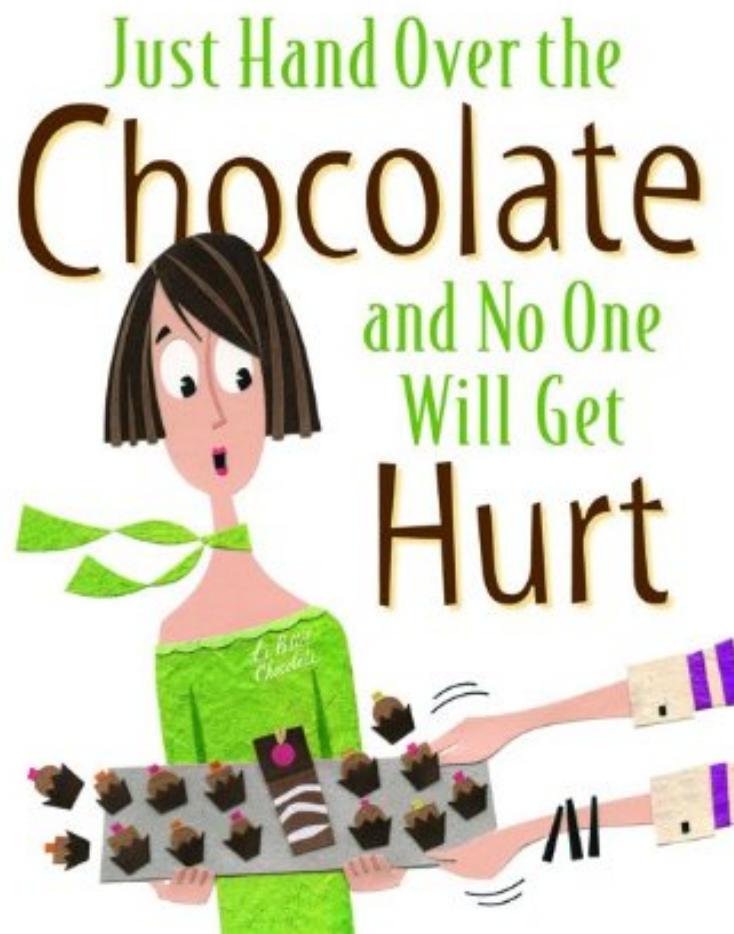
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## Just Hand Over the Chocolate and No One Will Get Hurt

*Karen Scalf Linamen*

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**Karen Scalf Linamen : Just Hand Over the Chocolate and No One Will Get Hurt** before purchasing it in order to gage whether or not it would be worth my time, and all praised Just Hand Over the Chocolate and No One Will Get Hurt:

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"Less stress, more fun!" Like chocolate, these 14 sure-fire stress-busters, hope-builders, and joy boosters get women feeling better fast.

If you've ever longed for chocolate and empathy, this book is for you! Karen provides help, hope, and humor to aid you in everyday life -- Ramona Cramer Tucker, Editor, Today's Christian Woman magazine; Executive Editor, Virtue magazine. Karen's humor turns stress into laughter as her insights light dark pathways on a journey toward wholeness. So kick off your shoes, curl up in a soft easy chair with a cup of hot cocoa, and savor the joys of *Just Hand Over the Chocolate* and *No One Will Get Hurt* -- Barbara Johnson, best-selling author. Linamen speaks with refreshing candor and clarity. -- Today's Christian Woman. This author may be the next Erma Bombeck. -- Estelle Lamb, *A Closer Look*. From the Back Cover: Do you go for the chocolate when life gets you down? You're not alone. When we feel stressed and overwhelmed, sometimes we just need a little chocolate. Now. With wit and wisdom, Karen Scalf Linamen offers you fifteen low-calorie and fat-free ways to lift your spirits. This outrageously funny "joy enhancement" manual just for women combines humorous observations and road-tested insight. From the hilarious to the poignant, Karen gives you more than a dozen joy boosters, stress busters, hope builders, quick fixes, and long-term solutions designed to help you experience a positive difference in your life. So pick up your favorite chocolate confection and settle down with *Just Hand Over the Chocolate* and *No One Will Get Hurt*. It's good for you. Karen Scalf Linamen is a mother of two and the author or coauthor of several books, including *Chocolatherapy* and a series of children's picture books. Dubbed "the queen of good humor and common sense" by the Literary Guild, Karen lives with her family in Colorado Springs and speaks all over the country. She hides her chocolate wrappers in the piano. About the Author: Karen Linamen is the author or coauthor of seven books, including *Pillow Talk* and *Happily Ever After*. Two of her books have received recognition as finalists for the ECPA Gold Medallion Award. A contributing editor for Today's Christian Woman magazine and author of more than one hundred magazine articles, Linamen is a frequent speaker at churches, women's retreats, and writers' conferences.