



Is Dark Chocolate the Secret to Happiness?

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Is Dark Chocolate the Secret to Happiness?

By Kristin Edwards

Great news for all you dark chocolate lovers! Your favorite snack may just be the key to happiness.

People feel happier when they do things they love - like eating chocolate. Most of us are familiar with that exhilarating rush that comes from the first to last bite of deep, dark chocolate. The good news is that dark chocolate boosts your mood in more ways than you might think.

In an article with [CNN](#), Ethnobotanist Chris Kham explained: "Cocoa boosts brain serotonin. . . . Almost every single antidepressant aims at either enhancing serotonin or keeping it in the brain longer. Chocolate or cocoa does that very well."

If eating dark chocolate takes you to your happy place, try some of these ideas for keeping it front and center in your life:

Sweeten-up Family Time

Trying to find fun ways to get the family to spend time together? Organize a Family Sundae and Game Night. Put out a selection of your favorite ice cream flavors, premium [Ghirardelli Chocolate Fudge Sauce](#), a special toppings for a "make your sundae bar" at home. Enjoy your sundae's while competing against one another in your favorite game.

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Get Creative

Making chocolate goodies can be nearly as much fun as eating them. Get in the kitchen and unleash that creativity. Whip up some decadent desserts from the [Ghirardelli Chocolate Cookbook](#) to expand your chocolate repertoire. Or, gather the kids around with bowls of pretzels and fresh strawberries and melt dark, milk and white chocolate for an afternoon of dipping delight.

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Girls Night In!

Yes, family time is important, but don't forget to make time for your girlfriends. Invite your favorite ladies to a fondue party. Melt [dark chocolate](#) and combine it with fresh fruit for a healthy, happy treat. Get silly and dance to old Motown songs while singing into your hair brush like you did when you were teens.

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