



**Author, *Gluten for Punishment: Just Desserts for the Heartbroken, Lovesick, and Jilted***

# Julie Seyler

**A thoughtful & relatable voice on modern love, mature dating, self-acceptance, and the healing power of baking.**



## About:

Julie Seyler is a longtime food blogger at TwoBitTart.com. Her debut book is a sharply observant, deliciously personal food memoir about dating, desire, and the comfort of dessert—complete with recipes celebrating gluten.

After a successful career in event management, she became a full-time writer at 55. Never married and without children, she retired early and built a life on her own terms—marked by creativity, independence, and the occasional romantic disaster.

Her work blends humor, honesty, and a little powdered sugar to explore heartbreak, identity, aging, and the freedom found in rewriting the rules.

## Topics Julie Can Discuss:

- Relationships from a lifelong single woman's perspective
  - Reinventing yourself at any stage of life
  - Leaving the “normal” life script behind
  - Using a memoir to process love gone awry
  - Exploring dating, aging, and identity with humor and honesty
  - Turning a personal blog into a published book
- **Based in:** Southern California
  - **Website:** <https://twobittart.com>
  - **Topics:** Memoir, Baking, Dating, Reinvention
  - **Email:** JulieSeyler1@gmail.com
  - **Social:** @TwoBitTart

## Why Julie Makes a Great Guest:

Julie brings honesty and wit to every interview, like chatting with a friend who's not afraid to get real. She balances the serious with the absurd—whether its writing, dating, or how to make something delicious out of leftover heartbreak and two sticks of butter.

Listeners walk away feeling seen, inspired, and maybe just a bit hungry.

## Sample Conversation Starters:

I'm happy to follow your show's flow — here's a few ideas if needed to get things started.

- After 20+ years in event management, what inspired your reinvention as a writer at 55?
- Heartbreak isn't a funny subject — how did you manage to find humor in it?
- Your book pairs stories of dating and self-discovery with recipes. How did that idea come about?
- Your memoir spans decades of your dating life. How did you remember it all?
- What was the biggest challenge you faced while writing so personally?
- Baking clearly means more to you than just food. What happens in the kitchen that helps you make sense of everything else?
- Looking back at your journey, what's one unexpected lesson you've learned about yourself?

**Host receives a complimentary copy of the book in paperback, eBook, or PDF.**