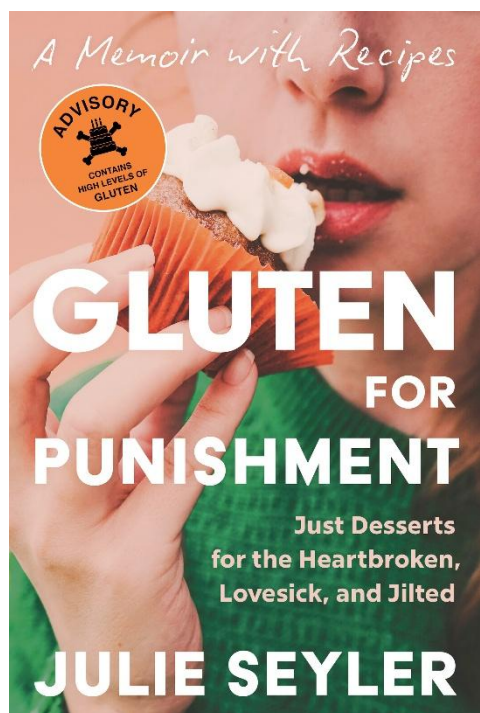


Gluten for Punishment - Press Kit

Book Overview



Format: Paperback, eBook

Gluten for Punishment:

Just Desserts for the Heartbroken, Lovesick, and Jilted

Genre: Culinary Memoir

Release Date: July 11, 2025 (Available at [Amazon](#), [Barnes & Noble](#), and select Southern California booksellers)

ISBN: 979-8-9924082-0-1

Key Themes: Relationships, Dating, Baking & Food, Humor, Creative Self-Discovery

Page Count: 356

Synopsis:

Julie Seyler's love life has been a recipe for disaster—and she has the baked goods to prove it.

In this humorous and heartfelt collection, beloved baking blogger Julie Seyler shares stories of love, loss, and everything in between—accompanied by her signature dessert recipes—in one irresistible, gluten-filled volume.

Whether she's arriving home after an awkward first date or seeking comfort once a promising relationship goes up in flames, Julie knows exactly where to turn when things go awry: the kitchen. And after three decades spent dating a cast of brooding, complicated Gen X creatives, her recipe box is overflowing—even while her bed remains empty.

From frustrating flings with the emotionally unavailable to an unflinching exploration of the love that lingers after tragedy, *Gluten for Punishment* is a wry and honest reminder that while relationships are rarely predictable, a sweet ending always awaits in the kitchen.

Author Bio



Blog: <https://twobittart.com/>

Insta: <https://www.instagram.com/twobittart/>

Facebook: <https://www.facebook.com/TwoBitTart>

Bio:

Julie Seyler is a classically trained chef and the voice behind TwoBitTart.com, where, for 17 years, she's shared the ups and downs of life, blending humor, heartache, and the joys of baking. Through her stories and passion for creating in the kitchen, Julie offers readers comfort, connection, and a way to make sense of life's complexities. In her debut book, *Gluten for Punishment*, she takes readers on a journey of love, loss, and self-acceptance, all set in the heart of the kitchen. Julie lives in Southern California with her two cats, Mochi and Wasabi.

Sample Interview Questions

1. Your book has been described as a humorous, heartfelt, and lyrical take on dating—how did baking find its way into the story?
2. When you decided to include recipes in the book, did you write the stories first, or did certain recipes inspire certain chapters?
3. Some readers might expect a happily-ever-after ending, but your book offers something deeper. What kind of closure—or openness—did you want to leave readers with?
4. You write raw and honestly about some uncomfortable situations many people would prefer to keep quiet. Did you find it difficult to share those moments in the book?
5. Were there any dates or relationships you didn't include in the book and why?
6. The writing is full of poetic detail—did your background include poetry, or is that voice something that developed through this project?

7. What's your favorite recipe in the book, and how does it reflect something personal about you in the chapter it's paired with?
8. Your book traces a quiet but profound shift—from being an extension of others' creative lives to claiming your own as a baker and writer. How did that evolution take shape, and what did it open up for you?

Inquiries, Requests, and Review Copies

For inquiries, requests, or review copies, please contact Julie Seyler at Quarter Note Publishing:
QuarterNotePub@gmail.com

Thank you for considering *Gluten for Punishment: Just Desserts for the Heartbroken, Lovesick, and Jilted* for coverage. Please do not hesitate to email with any inquiries you may have.