**Lita-Luise Chappell**

**All-Purpose Writer Bio**

[www.litachappell.com](http://www.litachappell.com/)

**Short:** (83-words)

The following are works by Lita-Luise Chappell:

Poetry:

*From the Mundane to the Magical: A Lifetime of Poetic Moments* - 2014

*Poetic Emanations of Light, Life, Love & Liberty* - 2018

Cookbook:

*The Thelemic Cookbook: Cooking with Correspondences* – 2015

Non-Fiction:

*Sticks and Balls: A Sexologist Pokes Fun at Sports* – 2019

International Historical Murder Mysteries & Crime

*The Collioure Concealment* - 2016

*Murder of the Mystras Nun -* 2017

*The Cypriot Secret* – 2018

Upcoming works:

Spy Novel – *Hiding in Paradise*

Occult Novel – *The Blythwood Curse*

A Collection of Short Stories – *Merry & Scary Fairy Tales*

**Mid-Length:** (626-words)

Lita-Luise Chappell is a versatile writer, as she writes from a place of direct experience and broad perspective. Spanning more than fifty years with several careers in diverse fields, educational degrees, and extensive world travels, she found herself writing of her encounters all along the way.

Beginning at age fourteen, Lita began to write poetry about her struggles of growing up with first loves and heartbreaks, and trying to understand the politics of the early 1970’s. As she continued in college in the 1980s, she began to write an analysis of her dreams and to explore her perception of herself and observations of others. She got a degree in Food Service Management and commenced her work in the food industry, while collecting and creating recipes. She kept an extensive travel journal, wrote short-stories of her adventures, wrote a screenplay, and a lot more poetry.

In 1989, having reached a point of discovering the importance of living a balanced holistic life with food and the mind, she returned to school and received her Bachelor and Master Degrees in Psychology with an emphasis in Health Education. Due to her continuing travels, she began to explore and research ancient cultures and religions and documented her experiences and mystical experiences within them, opening up an avenue of spiritual observance and writing.

Lita continued with her studies and became certified as a Mind-Body Clinical Hypnotherapist, and a Practitioner of Neural-Linguistics; after which, she opened her own counseling business. During that time, she met a man who was creating background music for guided therapeutic healing, so she widened her interests and began working in the music industry for a New Age music label, learning to write sales sheets, artist bios, and explored the art of writing music lyrics.

By 2008, she had gone back to school and earned a doctorate in Human Sexuality, and opened a private practice as a Clinical Counselor and Sex Educator in Orange County, California. When Dr. Chappell retired as a therapist in 2013, she began the task of reviewing all that she had written. She realized that she had accumulated enough material for many books in a variety of genres. Her first book was one of poetry, *From the Mundane to the Magical: A Lifetime of Poetic Moments.*

After such a long history in the food industry, she concentrated on putting together a cookbook, called *The Thelemic Cookbook: Cooking with Correspondences.* Then drawing from her travel journals, along with her interest of European history, she set out to write an international murder mystery, which became a trilogy, written between the summer of 2016 to the end of 2017. Her first book in this genre, based on explorations of the Templar mysteries in southern France, was *The Collioure Concealment.* The second book, *Murder of the Mystras Nun*, takes place in Greece and deals with a two-thousand-year old religious secret. The third book, called *The Cypriot Secret,* begins in Cyprus and ends in Malta, with the conclusion ofa Templar mystery and a religious secret.

By early 2018, Lita had completed a second book of poetry, *Poetic Emanations of Light, Life, Love & Liberty*. Following this, she put her doctorate to work, and wrote a social commentary on sexuality in sports. This book, called *Sticks & Balls, A Sexologist Pokes Fun at Sports,* was completed by the end of that same year. This book is in final editing, and with the encouragement of being approached by a literary agent, is waiting to go mainstream. Presently, her eighth book, a spy novel called *Hiding in Paradise,* will be out in the autumn of 2019. After that, a collection of short stories, an occult novel, and a children’s series are in various stages of completion.

**Long:** (1,533-words)

Lita-Luise Chappell is a versatile writer, as she writes from a place of direct experience and broad perspective. Spanning more than fifty years with several careers in diverse fields, educational degrees, and extensive world travels, she found herself writing of her encounters all along the way. A quick review of these experiences will help her readers understand her perspectives, and why she chose for her last career to be a full-time writer.

At the age of fourteen, quickly developing as a teenager, Lita began to write about her struggles of growing up with first loves and heartbreaks, of trying to understand the politics of the time with the Vietnam war, the threat of over-population and the dangers of nuclear power. Her earliest works in poetry explore these topics. In school, she took up acting which helped her place the thoughts of different characters into a wider range of human understanding. Her first extended and foreign travel was to Japan for her sixteenth summer, where she experienced her first immersion into another culture. She wrote her first Haiku, and began the first of many travel diaries.

Lita was a January high school graduate, and was taking a psychology test in her first college class, while her old school mates were going through graduation ceremonies. That mattered little to her, as she was rushing to make a life for herself with a higher education, which her parents had always endorsed. Psychology became her minor, and with those courses she was required to keep a psychological journal, as well as a dream journal, to delve into her own ways of perception and expression, as well as expand her powers of observation with others, searching for reasons why people think and act as they do.

To help offset school expenses, she began a career in food service, first as a waitress and then in the kitchen. Her father had been a baker while serving in the Merchant Marines, and her Italian mother and grandmother were excellent cooks, thus she took up an early appreciation of the art with collecting recipes and creating her own. Food was her major in college, and in 1976, she received an Associate of Science Degree in Food Service Management at Grossmont College in San Diego. She went on to work in many different restaurants in Southern California, ranging from being a line-cook to sous chef, to restaurant manager, and then as owner of her own catering company, Great Goodness. (You can read about her diverse work in this field on her Cookbook page.)

In 1983, having saved enough money to take a break from her long hours in the restaurant business, she and her partner took a year and a-half of travelling throughout western Europe and north Africa. She kept an extensive travel journal, collected recipes, wrote short-stories of her adventures, wrote a screenplay, and a lot more poetry. When she returned, she continued with her interest in the holistic field, going on herbal retreats with the California School of Herbal Studies, and a Nutrition and Wellness course with Dr. Barnet Meltzer. She worked for a Diet Center as a counselor, and as a billing agent for a local acupuncturist, in order to gain an understanding of working in the health industry.

In 1989, having reached a point of discovering the importance of living a balanced holistic life with food and the mind, she returned to school and received her Bachelor and Master Degrees in Psychology with an emphasis in Health Education from the University for Humanistic Studies in Del Mar, California. During this time, to help with financing her education, she worked in the electronics industry building mother-boards for Kodak copy machines and power supplies for the laser-light entertainment industry. Due to her European travels and readings on the many countries that she had visited, she began to explore and research the ancient cultures and religions of these countries, especially of Egypt, Greece, Italy, the British Isles, and Hawaii. She documented her experiences and mystical experiences within them, opening up an avenue of spiritual observance and writing.

Continuing with her studies and interest with working with the mind, she attended the School For Healing Arts in San Diego. In 1996, she became certified as a Mind-Body Clinical Hypnotherapist, and a Practitioner of Neural-Linguistics; after which, she opened her own counseling business, The Balance Within. During that time, she met a man who was creating background music for guided therapeutic healing. With a move to San Diego’s north county, and the need to augment her financial status, she began working in the music industry for a local music label, Sequoia Records. After several years of learning the business, she became the operations manager for the label, helping them expand and grow to one of the most successful U.S. New Age labels of the early 2000s. Writing up sales sheets, helping with liner notes, artist bios, and contracts with down-load companies, she also explored the art of expanding her poetry into writing music lyrics.

At the same time, Lita met her husband to be, Vere Chappell, and discovered that they shared an interest in helping to heal the attitudes of sexual behavior and the importance of preserving the history of this often misaligned and misunderstood industry. With both having degrees in psychology, they embarked on furthering their education and attended the Institute for the Advanced Study of Human Sexuality in San Francisco. By 2008, they had both received their Doctorates in Human Sexuality, along with certificates in Sex Education, Clinical Sexology, and Erotology. They became members of the Society for the Scientific Study of Sexuality, the American Association of Sexuality Educators, Counselors and Therapists, and joined the American College of Sexologists. With this new field of endeavor, Lita opened a private practice as a Clinical Counselor and Sex Educator in Orange County, California.

When Dr. Chappell retired as a therapist in 2013, she began the task of reviewing all that she had written. She realized that she had accumulated enough material for many books in a variety of genres, but decided to focus on her works of poetry, first. She chose 119 out of the 132 poems she had written, and submitted them for publication. The following year, Sybaritic Press out of Los Angeles, published her first book of poetry, *From the Mundane to the Magical: A Lifetime of Poetic Moments.*

Next, after such a long history in the food industry, where she had amassed hundreds of recipes, she concentrated on putting together a cookbook. Lita had also become a leader in Southern California’s Thelemic community, which is a world-wide fraternal organization dedicated to securing individual liberty. Because she had been preparing feast foods for so many for so long, and was already familiar with herbs and many magical practices, it seemed a natural process to combine the aspect of healthy food with their magical properties. The result was an extensive cookbook featuring feasts for the Thelemic calendar, called *The Thelemic Cookbook: Cooking with Correspondences*. And, because her husband was also a talented code and web designer, and had run several businesses of his own, they decided to create their own publishing company, called Templar Media. Any new works could then be published under their own company, and the cookbook became the first of her works published by them.

After that, drawing from her travel journals, along with the couple’s interest in so many historical places, she set out to write her first International Murder Mystery. Her first book in this genre, based on their explorations of the Templar mysteries in southern France, and more closely centering on the area where they had spent many trips in the small town of Collioure, she wrote *The Collioure Concealment.* This book introduced the main characters, the Reynards, the woman who is a writer, her lover who is an inspector, and his father, who is a historical researcher. In the second book, *Murder of the Mystras Nun*, they get called to the ancient Greek town of Mystras, where they must unravel the death of a nun and how it is connected to a two-thousand-year old religious secret. In the third book of the trilogy, called *The Cypriot Secret,* the Reynards go to Cyprus, Italy, and finally Malta, where a secret about the Templars and the Eastern Orthodox Church, are revealed. These were all written and published within two years.

By early 2018, Lita had discovered a file with seventy missing poems that she had written, and together with additional poems she had written since 2014, the collection, *Poetic Emanations of Light, Life, Love & Liberty,* was published. Following this, she put her doctorate to work, and wrote a social commentary on sexuality in sports. This book, called *Sticks & Balls, A Sexologist Pokes Fun at Sports,* was completed by the end of that same year. This book is in final editing, and with the encouragement of being approached by a literary agent, is waiting to go mainstream. Presently, her eighth book, a spy novel called *Hiding in Paradise,* will be out in the autumn of 2019. After that, a collection of short stories, an occult novel, and a children’s series are in various stages of completion.