



The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality

Patricia Dennis, Charlotte Lyons

Download now

Read Online ➔

[Click here](#) if your download doesn't start automatically

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality

Patricia Dennis, Charlotte Lyons

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality Patricia Dennis, Charlotte Lyons

It's a revolutionary guide to selecting foods by color that helps transform negative feelings into positive ones. Delicious, easy recipes and inspirational thoughts are included.

You Won't Look At Fruits And Vegetables The Same Way Again!

Beets for feeling safe and secure. Yams for sexuality. Pineapples for self-worth. Broccoli for forgiveness and compassion. Broth to express true feelings. Blueberries to trust your intuition.

In addition to pleasing our taste buds and supplying nutrients to the physical body, fruits and vegetables can affect feelings, attitudes, thoughts and emotions. *The Secret Powers Of Colorful Foods* shows you how to select food by its color to enhance your mental and emotional well-being.

Patricia Dennis, certified hypnotherapist, educator and writer, and Charlotte Lyons, author, culinary consultant and former Food Editor of EBONY magazine, share the secret communication between the colors of fruits and vegetables and the different energies that support us psychologically and spiritually.

- Each chapter features a different food color and its influences.
- For each particular color, you'll find recipes, exercises, affirmations and fascinating food trivia.
- Beautiful illustrations and photos help make *The Secret Powers Of Colorful Foods* easy to understand.
- You'll even learn how to throw your own *Rainbow Foods Party*, complete with *Rainbow Broth, Rainbow Shooters*, appetizers and a card game!

"Everyone needs to read this book. It makes you feel so empowered." -- Reenah M., St. Paul, Minnesota

"It's seeing fruits and vegetables in a whole other dimension." -- Anne R., South Pasadena, California

"I love the presentation of the book. It's easy to understand and the recipes are simple and delicious." -- Sarah J., Atlanta, Georgia

"I always knew colorful foods were good for my health. I didn't know they could help with my happiness too." -- John C., Chicago, Illinois

 [Download The Secret Powers Of Colorful Foods: Enhancing Trust, S ...pdf](#)

 [Read Online The Secret Powers Of Colorful Foods: Enhancing Trust, ...pdf](#)

Download and Read Free Online The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality,

Self-confidence, Love, Forgiveness, Intuition and Spirituality Patricia Dennis, Charlotte Lyons

Download and Read Free Online The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality Patricia Dennis, Charlotte Lyons

From reader reviews:

Winston Nakashima:

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite publication and reading a reserve. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality. Try to make the book The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality as your good friend. It means that it can to be your friend when you truly feel alone and beside that of course make you smarter than previously. Yeah, it is very fortuned to suit your needs. The book makes you much more confidence because you can know anything by the book. So , let us make new experience along with knowledge with this book.

Nathaniel Thomas:

This The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality is great e-book for you because the content which can be full of information for you who else always deal with world and possess to make decision every minute. This book reveal it data accurately using great plan word or we can point out no rambling sentences inside it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tough core information with beautiful delivering sentences. Having The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality in your hand like having the world in your arm, facts in it is not ridiculous 1. We can say that no reserve that offer you world throughout ten or fifteen small right but this publication already do that. So , it is good reading book. Hey Mr. and Mrs. active do you still doubt in which?

Albert Fragoso:

This The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality is completely new way for you who has intense curiosity to look for some information mainly because it relief your hunger of information. Getting deeper you in it getting knowledge more you know or else you who still having little digest in reading this The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality can be the light food for you personally because the information inside this kind of book is easy to get simply by anyone. These books develop itself in the form which can be reachable by anyone, yes I mean in the e-book application form. People who think that in e-book form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a reserve especially this one. You can find actually looking for. It should be here for anyone. So , don't miss that! Just read this e-book style for your better life along with knowledge.

Nicholas Schindler:

As a scholar exactly feel bored in order to reading. If their teacher expected them to go to the library or even make summary for some e-book, they are complained. Just very little students that has reading's heart or real their leisure activity. They just do what the teacher want, like asked to go to the library. They go to right now there but nothing reading seriously. Any students feel that studying is not important, boring as well as can't see colorful pics on there. Yeah, it is being complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. So , this The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality can make you sense more interested to read.

**Download and Read Online The Secret Powers Of Colorful Foods:
Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness,
Intuition and Spirituality Patricia Dennis, Charlotte Lyons
#QEY5HZSGO69**

Read The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons for online ebook

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons books to read online.

Online The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons ebook PDF download

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons Doc

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons MobiPocket

The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality by Patricia Dennis, Charlotte Lyons EPub