

## Food and Intuition 101, Volume 1: Awakening Intuition

By Julia Ferre

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#### **About the Author**

Julia Ferre, CHT is a certified hypnotherapist, specializing in past life regression, and a Reiki master. She lectures and counsels, offering sessions for energy, attunement, and personal growth, throughout the world. In addition to the Food and Intuition series, she is author of Basic Macrobiotic Cooking and French Meadows Cookbook. Julia lives in California with husband Carl and their four sons. For more information, see: [www.JuliaFerre.com](http://www.JuliaFerre.com).

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