



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

By Julia Ferre

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Using the tools in this book, you can change your life—based on your uniqueness and individual needs. Unlike navigating complex approaches focused on health, weight loss, animal rights, and so on, when you rely on your intuition you make choices based on internal guidance rather than the latest trend.

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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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