



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

Patricia Dennis, Charlotte Lyons

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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

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From reader reviews:

Ralph Garibay:

Typically the book *The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality* has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research before write this book. This specific book very easy to read you can find the point easily after scanning this book.

Michelle Johnson:

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you will have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love *The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality*, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

Jon Gomes:

Are you kind of occupied person, only have 10 or even 15 minute in your day to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short time to read it because this all time you only find book that need more time to be learn. *The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality* can be your answer as it can be read by a person who have those short free time problems.

Manuel Rose:

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