



# Food and Intuition 101, Volume 2: Developing Intuition

*Julia Ferre*

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*Julia Ferre*

## **Food and Intuition 101, Volume 2: Developing Intuition** Julia Ferre

This book is volume 2 of Food and Intuition 101. This volume of Food and Intuition 101 focuses on the “Intuitive” side, while volume 1 centers on the “Food” side. This volume contains more conceptual material than volume 1. It explains the areas of intuition, the origins of intuition, how to develop intuition, and why intuition is important. Intuition is a natural ability present in all humans. It helps a person live life rich in experience and meaning. Intuition impacts relationships, growth, and satisfaction. My desire in this book is to show you, through regular daily practice, that intuition is a living force within you, not only helping you choose appropriate food, but in developing your full potential as a human being.



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