



Beach Foodie: Blissful Eating to Maximize Life Force Energy (Paperback)

By Cfayla Johnson

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Would you like to enjoy eating as a blissful experience? Do fun, simple, exciting food combinations interest you? How about foods that regenerate and revitalize your mind, body, and spirit? Does healing and preventing disease by eating certain foods sound appealing? Finally, would you like to eat in such a way as to maximize your ability to use energy to expand your creativity and consciousness, help you on your path to enlightenment and maintain the ideal body? Do you want to eat chili, brats, fudge, and pizza? Then, I invite you to join me as a fellow foodie as we have a conversation about food.



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