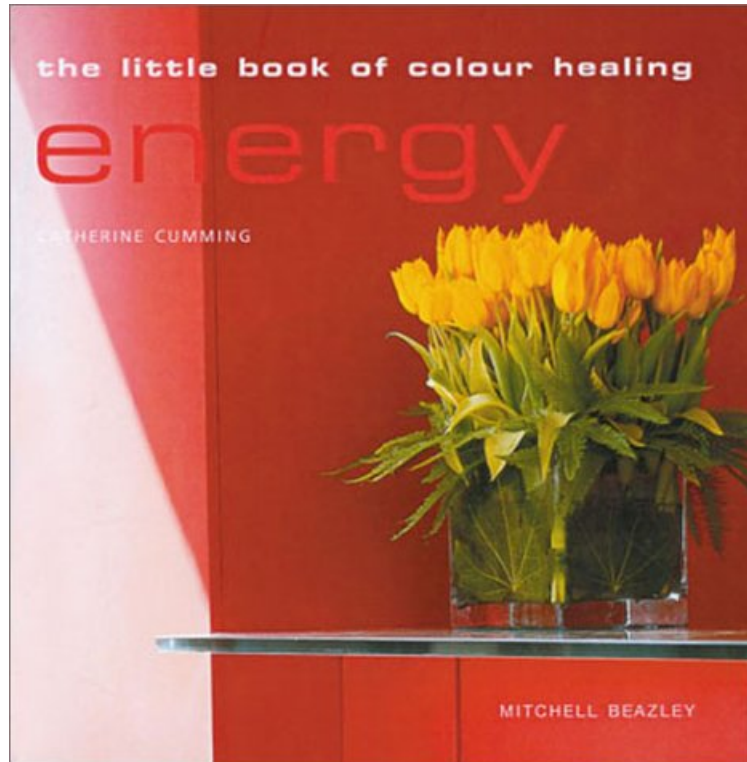


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The Little Book of Color Healing Energy

Catherine Cumming

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Catherine Cumming : The Little Book of Color Healing Energy before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Little Book of Color Healing Energy*:

Smooth claret, hot spice, exotic heat, fired earth: these are all robust reds, the color of passion and strength, and all will infuse you with primal, life-enhancing energy. You take the color in with your eyes, but it courses through your chakra points, giving you a big boost. How should you use this dramatic color effectively? Photos filled with brightness and brilliance guide your design plan. The office is a great area for the most vivid end of the spectrum, creating a happy and lively workplace. Mix glowing claret with neutral creams and whites in the living room for a space that's confident without being oppressive. Spicy orangey-reds have great depth and warmth; choose velvet material for extra texture. Or layer a feast of opulent Eastern fabrics for an exotic touch. The results are alluring!

About the Author Catherine Cumming is an interior decorator specializing in decorative painting whose interest lies in the healing qualities of color and their practical application in the home. A regular contributor to lifestyle magazines, Catherine has written three previous books, including *Color Healing Home* for Mitchell Beazley. Deborah Italiano runs a series of workshops at her London-based school of MantraColour Healing. She often appears as a color consultant on television, radio, and the internet.