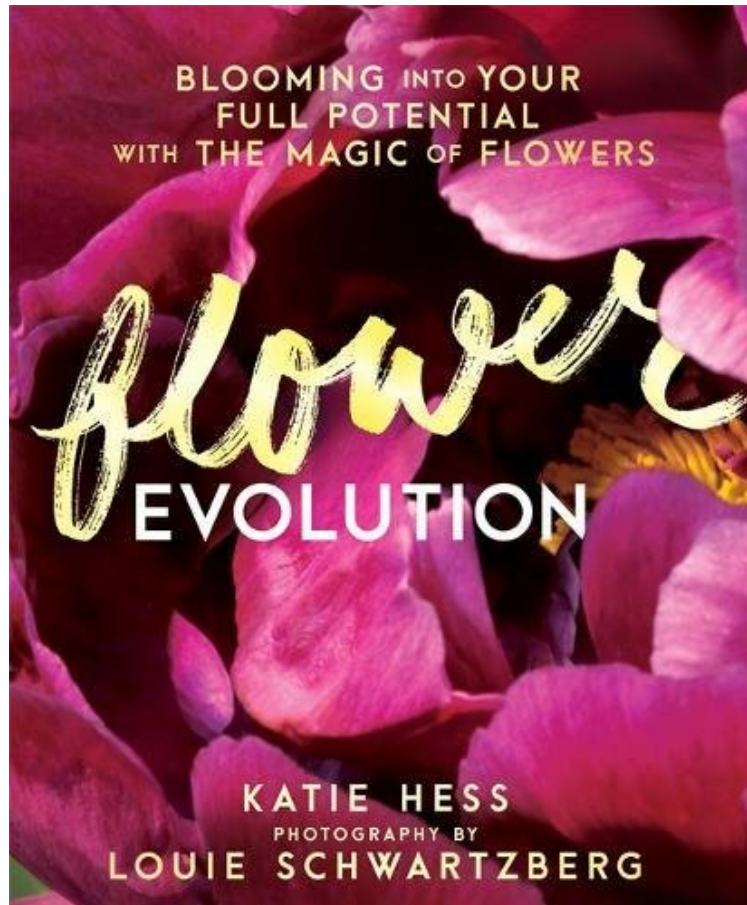


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## Flowerevolution: Blooming into Your Full Potential with the Magic of Flowers

*Katie Hess*

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**Katie Hess : Flowerevolution: Blooming into Your Full Potential with the Magic of Flowers** before purchasing it in order to gage whether or not it would be worth my time, and all praised Flowerevolution: Blooming into Your Full Potential with the Magic of Flowers:

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additional copies to gift to friends!

A stunning, beautiful, and courageous book. Stephen Harrod Buhner, herbalist and author of *The Lost Language of Plants*, *The Secret Teachings of Plants*, *Sacred Plant Medicine*, and *Herbal Antibiotics* In many ways, with the current advancements in technology, we've lost our connection to nature, and in turn, our connection to ourselves. This disconnection often leads to stress, fatigue, and imbalance. In *Flowerrevolution*, flower alchemist Katie Hess and photographer Louie Schwartzberg invite us to venture into the vast and beautiful world of flowers, and learn how they can be used to give us a fuller experience of our everyday lives. This flower-filled guidebook is rich with information, stories, images, and rituals that demonstrate the largely untapped power of flowers. Most people are unaware that quiet, unassuming flowers can amplify our positive qualities and awaken new joy in everyday life, but in fact, flowers are ready to spark us to reach our greatest potential one that is likely bigger than we can even imagine! *Flowerrevolution* is designed to open you up to a fresh new world of magic and possibility. In it, you choose the flowers you're most attracted to from the 48 different profiles, and discover what your favorite flowers reveal about you. You'll find out how flowers can be used for a variety of conditions, including pregnancy and postpartum, travel and jet lag, and addiction; and learn the answers to the 10 most commonly asked questions about flower elixirs. The book also features ancient and modern methods for harnessing flowers' unique qualities, including flower baths, elixirs, mandalas, body oils, desserts, and more! By engaging with the stunning photography in *Flowerrevolution*, you will discover for yourself the hidden wisdom of flowers and be able to use those insights to better understand yourself, your loved ones, and your place in the intricate web of life.

*Flowerrevolution* both pleases the eyes and touches the soul. Louie Schwartzberg doesn't just capture the beauty of flowers with his photographs; he makes you fall in love with them. And Katie Hess's evocative stories, rituals, and reflections show that flowers can truly transform our lives in concrete ways, helping us to connect more deeply with the planet, with others, and with ourselves. Arianna Huffington, co-founder, president, and editor-in-chief of *The Huffington Post* A simply stunning book. *Flowerrevolution* is about to revolutionize the way we think about and use flowers. The author invites us to catalyze our own personal flower evolution and create a positive worldwide ripple effect. And then she sets out to show us just how to do so in and through our relationship with flowers. Gorgeously illustrated with photos by well-known photographer Louie Schwartzberg. Rosemary Gladstar, herbalist and author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use* and *Herbal Healing for Women* *Flowerrevolution* is utterly enchanting. Everyone likes flowers. But few of us know how well their essences serve our evolution and well-being. Once you are introduced to the depths of flower power, you'll begin to see them differently. More deeply. And with more appreciation. *Flowerrevolution* is one of those books that you just have to have. And after diving in and reading the testimonials, I can't wait to bring more flower power into my life starting with eating more edible flowers and taking flower essences. Bravo, Katie. Beautiful work. Christiane Northrup, M.D., *New York Times* best-selling author of *Goddesses Never Age* A stunning, beautiful, and courageous book. Stephen Harrod Buhner, herbalist and author of *The Lost Language of Plants*, *The Secret Teachings of Plants*, *Sacred Plant Medicine*, and *Herbal Antibiotics* Katie Hess has written a beautiful and groundbreaking work that blows open the doors on a little-known tool for transformation: flowers. She shows us how easy it is to tap into the power of flowers to heal and support our bodies and lives. I'm thrilled to learn the inside story behind the marvelously talented Katie and her magical elixirs. Joyful, fun, and deeply insightful *Flowerrevolution* will be a lifelong companion. Kris Carr, *New York Times* best-selling author of *Crazy Sexy Juice* This book has ignited something deep inside of me, reminding me of being a little girl who took flowers and made elixirs, and knew the power of plants. So much has been lost in this modern world, but the revolution is here. And Katie is at the forefront, with her kind and gentle soul, educating and inspiring us with the medicine and healing of plants. The world may appear in peril, but after holding this book in your hands you will feel a sigh of relief that healing is here and always has been. We just forgot what we knew as children: flowers feel good. Carrie-Anne Moss, actress and founder of *Annapurna Living* How can we remain whole and awake to our lives? We can be completely present. We can let ourselves be touched by beauty. We can reconnect with the natural world as we so deeply yearn to. *Flowerrevolution* beckons us toward this wholeness, inviting us to be soothed and inspired, and to rediscover the essence that lies waiting for us both within our deepest selves and in the miraculous world of flowers. Henry Emmons, M.D., author of *The Chemistry of Joy*, *The Chemistry of Calm*, and *Staying Sharp* We are in an incredible time in the history of medicine wherein science is now corroborating traditional healing wisdom, all of which is characterized by a deep respect for our primal connection to the natural world. As an allopathically trained physician, I have witnessed firsthand that conventional medicine is ill-equipped to meet patients where they are in their complex illnesses and struggles. We must embrace this complexity and engage the multimodal effects of the botanical world and the foundational principles of our quantum biology. We are energetic beings and *Flowerrevolution* promises to guide us back to ourselves with simplicity, beauty, and meaningfully effective tools. I personally have longed for a book like this for years! Kelly Brogan, M.D., *New York Times* best-selling author of *A Mind of Your Own* Katie speaks flower with such beautiful fluency, it exudes both love and magic. In this book, she

imparts her understanding of plants and their healing powers in simple, practical, yet utterly transformative ways. Like flowers, Katie's wisdom has a deep and delicate power. It changes bodies, lives and perhaps most important of all, the way we see and relate to the world around us. Pilar Gerasimo, founding editor of *Experience Life and Revolutionary Act.com* Before you is a book about perception a way of seeing almost lost. The magic and wisdom of flowers and their power to heal has been relegated to the margins, even demonized, for a thousand years. Today, science has begun to understand that plants and their ornate messengers called flowers are beyond our current understanding. We have discovered that plants have all five senses that we humans have, and fifteen others we do not. They have a 3,000-word vocabulary transmitted in the form of scents and phytochemicals exchanged through the air and via the wood wide web of mycelium networks underground. Katie is a lover of what we do not see or know and offers us new eyes in her lovely book. There is magic literally in the air, messages from another kingdom. This is not a fairy tale. This is the world we dwell within, and its gifts are extraordinary. Paul Hawken, author of *The Ecology of Commerce*, *Blessed Unrest*, and *Natural Capitalism* Read this beautiful book to see how author Katie Hess pulls magic from the essence of flowers and shares her profound healing power with us. With stunning images from filmmaker Louis Schwartzberg, *Flower Revolution* shows how tapping into the vital energy of living flowers can make you feel more alive! The definitive book on the mysterious power of flowers. Rona Berg, editor-in-chief of *Organic Spa Magazine* Warm, uplifting, and exceptionally useful, Katie Hess's debut, *Flower Revolution*, will have even the biggest skeptics enthralled by the magic and science of plants. Her book is part personal memoir, part flower almanac, and part guide, all woven together with the wisdom of a woman who has devoted her life to studying and working with plants and flowers. I love this book. Siobhan O'Connor, journalist and author of *No More Dirty Looks* Since I met Katie Hess many years ago, I've put my attention on flowers in an entirely new way. Her flower elixirs give me a moment of self-care that resonates throughout my day, reminding me to slow down and listen. Now, flowers come home with me all the time; they meet me on walks wherever I land, and enhance my life with the lessons of their very existence. They teach me about connection, communication, vibration, and color. They lend me their fragrance, their intelligence, their beauty, and their majesty. Thank you Katie, for creating this book to show us how this magic happens. Elena Brower, author of *Art of Attention* Katie's beautiful words and Louie's brilliant photographs teach us that flowers not only contain the ability to heal our wounds, but they also swarm with power and purpose. We are fortunate to have Katie as our guide to explore the deepness and richness that flowers behold. Kristin Meekhof, author of *A Widow's Guide to Healing* As a holistic/integrative psychiatrist, I search for safe tools to support healing and recovery. This book provides a glorious path to think about flowers and healing in vibrant new ways. Katie Hess offers a deep resource for supporting your path to healing. I highly recommend this beautiful book that blossoms like a flower within as you read it. Scott Shannon, M.D., psychiatrist and author of *Parenting the Whole Child* What a magnificent journey! This book delights at every turn, with a passionate story by Katie and a visual celebration by Louie. No matter what you know (or don't) about flowers, these master crafts(wo)men deliver something special and surprising at every turn. Brimming with personal experience, cultural history, and practical application, the book reminds us that flowers are energy and we can use them, accordingly. The result? A radiant read that elevates flowers from taken for granted to take for a rich plus vibrant life! Stephanie Marango, M.D., RYT, founder of *i.m.body*, and author of *Your Body and the Stars: The Zodiac as Your Wellness Guide* I firmly believe that flower remedies will be the next frontier of holistic health, and *Flower Revolution* will be the book that elevates them into the public consciousness. If you care about wellness but have yet to explore the power of flowers, *Flower Revolution* is a must-read. It has completely changed my daily health routine. Max Goldberg, founder of *Living Maxwell* and *Pressed Organic Juice Directory* The shared perspective of Louie and Katie is both uplifting and inspirational. They show such a connectedness that becomes a powerful metaphor for life and our sustainability on this planet in the most beautiful collaborative presentation. I could not recommend it more. Oliver Lockett, technology entrepreneur, philanthropist, and author of *The Social Organism*