



What's Your Diet Type?: Use the Power of Your Personality to Discover Your Best Way to Lose Weight

Heather K. Jones, M.S. Mary Miscisin, M.D. Ed Redard

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End the cycle of unsuccessful dieting and get in touch with an eating plan that works for you.

Do you know what's keeping you from attaining—and maintaining—your ideal weight? It's not your metabolism, your genes, or your love of pasta. The truth is, you simply can't succeed at a weight loss approach if your own personality does not “sync up” with it. And while you *can't* change your personality, you can change your weight loss strategy.

How? *Find your Diet Type.*

With a short, simple Quiz based on the Myers-Briggs Type Indicator® (MBTI®), the world's most trusted and widely used personality type assessment, you can match your personality to one or more of the four Diet Types: the Diet Planner, Diet Player, the Diet Feeler, and the Diet Thinker. Then, learn:

- How your personality affects the way you eat and exercise
- Solutions that will work for you, including healthy eating strategies and quick tips
- The basics of nutrition and diet, featuring common calorie “pitfalls” to avoid
- How to take advantage of your personality's unique strengths to lose weight and keep it off—for good

No matter how many diets you've tried, ***What's Your Diet Type?*** will work for you. With a fresh writing style and solutions for even the busiest of women, plus recommended titles, and simple instructions on how to create your very own, custom-made eating program, ***What's Your Diet Type?*** is your new best friend in the weight loss battle. This is the only book you will find that is useful, comprehensive, effective and also fun to read. So get off the dieting treadmill and find a diet and healthy eating solution that fits *you*—for life.

Visit www.mydiettype.com to take the quiz for free!

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Andrea Winburn:

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