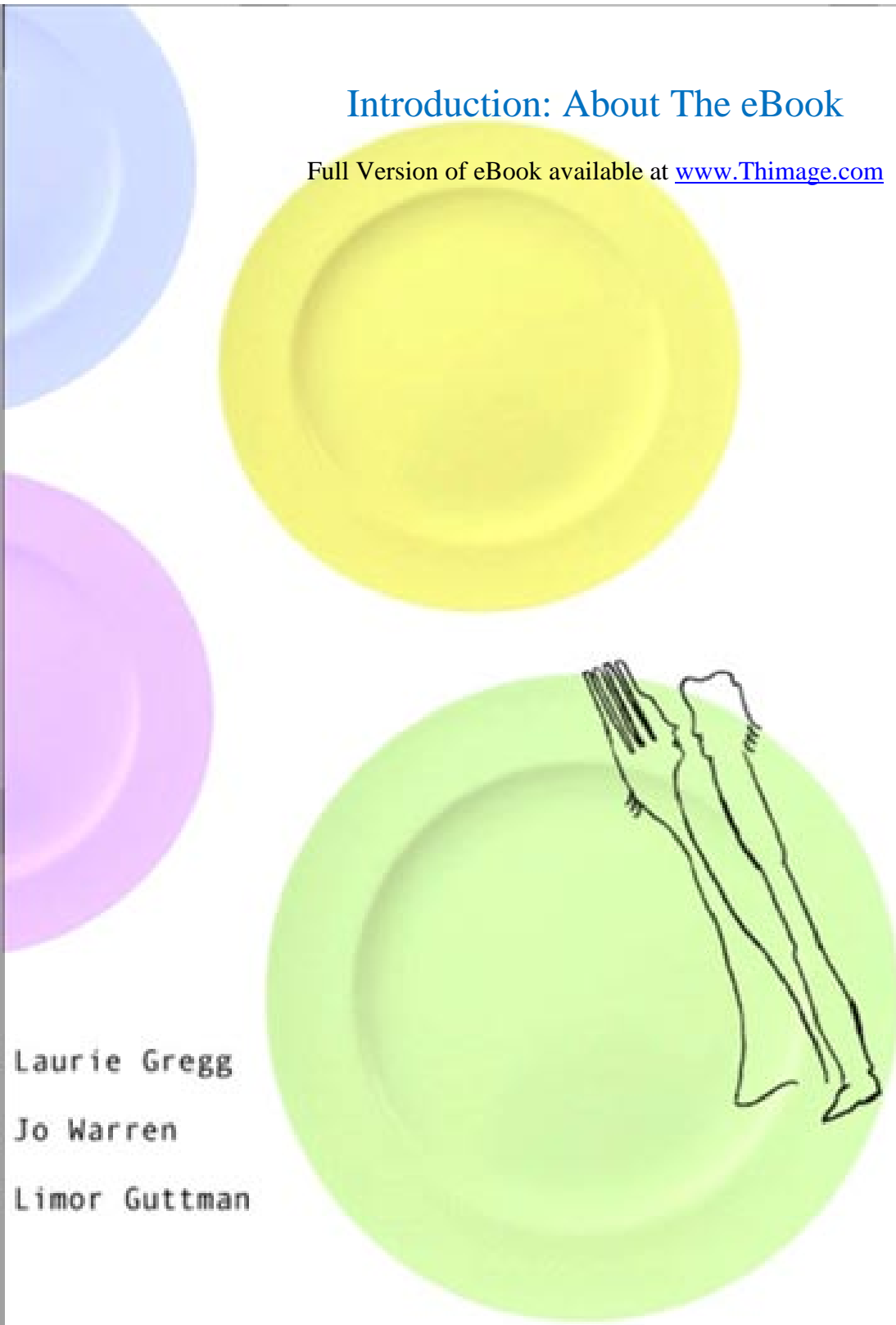


Introduction: About The eBook

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The  
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# THE WAY YOU LOOK AT YOUR PLATE IS THE WAY YOU MATE

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# INTRODUCTION

*The way you do anything, is the way you do everything.* Your personal style affects the way you communicate, your physical mannerisms, your eating habits, the way you date, your attitude toward sex and the way you approach everything else in life.

Are you a pleaser? A thinker? A non-conformist? A doer?  
Are you friendly? Reliable? Whimsical? Responsible?

What are your true colors?

Figure this out and you will not only understand your relationship with food and your way of relating to the opposite sex; you'll also be able to do something about it!

Your true colors are revealed in the four categories described below. Read them carefully and think about them. It is not always easy to recognize yourself. You can probably relate, in part, to each color, but one will stand out more than the others, especially in stressful times, because that is when our true colors emerge. While you may embody the qualities of several different colors, you will always fall into a single category – your color - while under physical stress, mental stress or in the midst of sexual excitement.

# WHAT IS YOUR TRUE COLOR?

## **If You Are Purple:**

You are the friendly pleaser. Relationships are very important to you. You are everybody's friend and take care of others before you take care of yourself. You want everyone to get along. You worry about not being smart enough, not being prepared properly, and not being attractive enough. These thoughts prompt you to blend in with the crowd. You are soft-spoken and avoid confrontation. Feeling that you have been rejected or used by another is disheartening for you.

Some of you have more drive and ambition. You work hard to prove you ARE good enough and may go overboard. You are more aggressive and have Blue personality style tendencies. Think of yourself as [Light Blue](#). Read both Purple and Blue's description, or decide which style you are more like.

## **If You Are Yellow:**

You are the reliable thinker, and your aim for perfection is highly recognized and admired. Because of your perfectionism, you tend to be analytical and make sure you have all of the facts before making a decision. You want to prove yourself. You always *like to be* in control and organized. You will do anything to avoid being invalidated. You are always busy and may feel overwhelmed much of the time. Feeling foolish or incompetent is unacceptable because you yearn for recognition.

## **If You Are Green:**

You are the non-predictable expressive. You are social and can be the life of the party. Although others may think of you as being out of control, you are not too concerned about what they think of you. You refuse to be like all the others, and your talents and interests are often in a creative/alternative field. You are able to manipulate a situation to fit your purpose. Rewards and applause inspire you. You'll try anything once because you can't bear to miss out. Being bored or trapped is torture for you.

## **If You Are Blue:**

You are the determined doer. You are task-oriented and very focused on the end result. You complete most projects you take on, no matter what may crop up to interfere. You are assertive and direct with others. Being idle is punishment for you. You are always dressed for success, and your presence is admired. Your personality style is usually one that enables you to head large teams, companies and organizations. You are a leader.

Some of you are less driven and need more reassurance. You are more emotional than Blue and feel you need more love in your life. You are the determined doer, and want your accomplishments to be admired. You have Purple personality tendencies. Think of yourself as [Light Blue](#). Read both Blue and Purple's description, or decide which style you are more like.

**Note:** Throughout the book you will find tables in which your true colors will come to light.