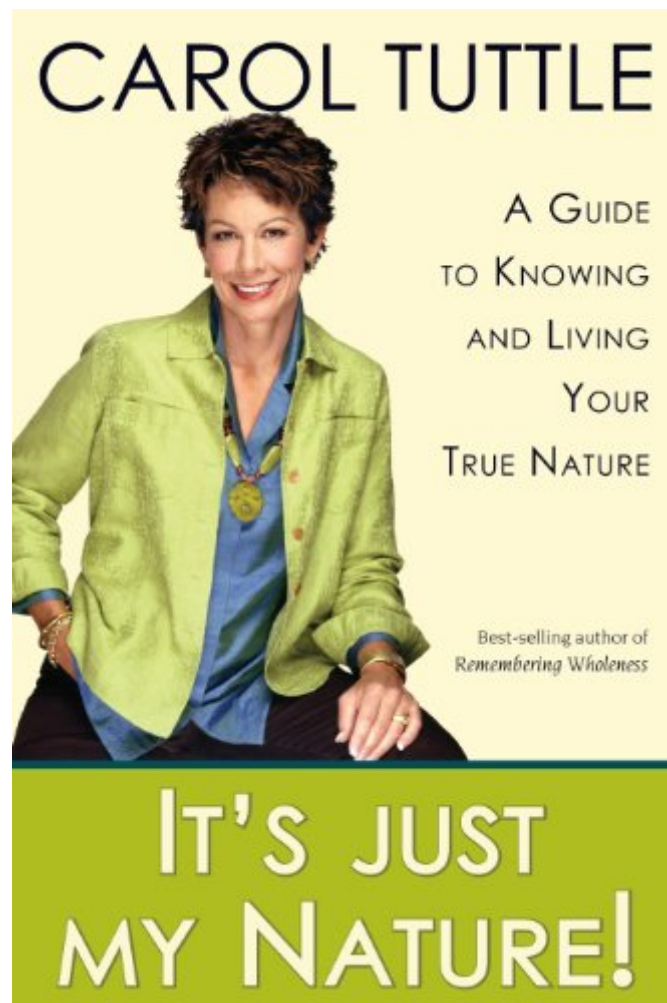




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# It's Just My Nature! A Guide To Knowing And Living Your True Nature



## Synopsis

Energy Profiling® is a unique profiling system that not only assesses personality traits, but also your behavior, thought and feeling processes, body language and physical characteristics to reveal the true you. Energy Profiling® is a simple system that categorizes people into one of four groups. This simple reference system speaks volumes once you understand your Type. Carolâ€™s system has four Types: TYPE 1, TYPE 2, TYPE 3, and TYPE 4. Energy Profiling® is based on the scientific principle that the four elements of our DNA create our human nature and our natural expressions. The Four Types come from the four elements that we are each created from: nitrogen, oxygen, hydrogen, and carbon. Carol has discovered that each of these elements expresses a unique and candid movement that is also expressed in all of nature and all of human nature. We have all four elements in us; so we naturally have all four expressions in usâ€”yet we all lead with a dominant expression of one of the four elements that is represented by each Type. Once you have learned the system and the volumes of information that explain each Type, knowing your dominant Type will give you great insight on how to live true to your self, which naturally brings more harmony, success, abundance, and prosperity into your life and all of your relationships. The beauty of Energy Profiling® is that it does not just look at a personâ€™s personality, it also includes behavior tendencies, thought and feeling processes, body language, and physical features. It is a simple system taught in a concise way that is easy to learn and apply. Here is a quick overview of each Type:

**Nitrogen, TYPE 1:** The bright, animated person who has a gift for new ideas and possibilities. The natural movement of TYPE 1 is upward and light. This can be seen in a TYPE 1 personâ€™s personality and also their body language and physical features. A person with a dominant TYPE 1 expression is naturally an upward, light, upbeat person. Famous TYPE 1 people include: Rachel Ray, Goldie Hawn, Jim Carrey, and Will Smith.

**Oxygen, TYPE 2:** The soft and calming person who has a gift for gathering details and making plans. The natural movement of TYPE 2 is fluid and flowing. This can be seen in a TYPE 2 personâ€™s personality and also in their body language and physical features. Famous TYPE 2 people include: Jennifer Aniston, Emma Thompson, Randy Jackson, and Richard Gere.

**Hydrogen, TYPE 3:** The swift and dynamic person who has a gift for moving into action quickly to create practical and lasting results. The natural movement of TYPE 3 is active and reactive. This can be seen in a TYPE 3 personâ€™s personality and also in their body language and physical features. Famous TYPE 3 people include: Robert Redford, Hugh Jackman, Tina Turner, and Maria Shriver.

**Carbon, TYPE 4:** The structured and exact person who has a gift for looking at the world through a critical eye and perfecting it. The natural movement of a TYPE 4 person is constant and precise. This can be seen in a TYPE 4 personâ€™s

personality and also in their body language and physical features. Famous TYPE 4 people include: Keanu Reeves, Simon Cowell, Demi Moore, and Audrey Hepburn. What makes Energy Profiling® one of the most accurate assessment tools is its™s reference to not only personality traits, but to our unique expression in body language and physical features. Because personality can be altered, adapted, and shamed, many people are not living true to their dominant expression in all areas of life. Consider the possibility that the way you doodle and your facial features may say more about who you really are than your personality! Discover what Type of person you are by discovering your unique Energy Profile® today and start living true to the power of you!

## **Book Information**

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## **Customer Reviews**

In February 2014, I came across the Dressing Your Truth website by accident, while looking for potential solutions to improve my health. I was initially looking for information on Chakras. The Dressing Your Truth site came up and sparked some interest. I took the free course online & then purchased "Dressing Your Truth, Discover Your Type of Beauty". I read through the book in just a few days. I honestly felt more emotional than I expected from a book like this, learning about strengths & weaknesses of each type. I related most with Type 4 & Type 3, but didn't think highly of

those traits in myself. I wanted to be like the Type 2 and could relate to many of the things I read. I wanted more information and also purchased "It's Just My Nature". After reading the book, in May 2014, I finally decided to purchase the online membership and chose Type 2. I truly believe this is an emotional healing program first and then supported by "Dressing Your Truth". After working through some emotional baggage, I finally realized the qualities I have in the Type 4 energy are not a bad thing and when understood can empower and increase my confidence. I have the Type 4 course now and dress per the Type 4 guidelines. Dressing in the bold pure colors, with the correct haircut & makeup along with the proper movement on my body do indeed make a noticeable difference in how I feel about myself and how other people treat me. Other books I have are "The Child Whisper" and "Remembering Wholeness".

Discovering my own energy profile has been a life-altering experience thus far. Where you are in your life will depend on how you react to this information. I was skeptical when I first stumbled onto Carol's website through something I saw on Pinterest, but I had an open mind, and had been looking for ways to know myself better. There is so much practical value in this that I guarantee you will get more out of energy profiling than you will through personality tests, and the like. If this is your first time reading a book by Carol, just a heads up, I think Carol might be an acquired taste for some people. She does have a tendency to promote herself in her books and blogs/vlogs, so try to look past that and just focus on the information she is presenting. My biggest criticism of this book is that there are probably over 10 pages worth of rambling testimonials that are sprinkled throughout the chapters, and a lot of times I just skimmed through it. I went through the DYT course prior to reading this book, which includes Carol's other book, Dressing Your Truth. If you read the other book, just be aware that there is a lot of overlap (word for word) between the two books as she is explaining the energy types. That said, even with the overlap I still got a lot of useful tidbits out of this book.

Carol does a great job in this book, but I think there is so much more to it. I had a tough time deciding that I'm a Type 3 with a very strong secondary Type 4. It can get confusing because it can be hard to see yourself correctly. It sounds much easier than it really is. I had to slow down and really think about things. I do recommend this book, however, because I think it can be very helpful. I know it was to me.

If you enjoy this book, be sure to go online and take the "Dressing Your Truth" test to discover your style-of-dressing.

Was a bit disappointed that it really didn't contain much information that Dressing Your Truth already covered, and I'd ordered both.

I found this book, and the other resources mentioned in it to be very helpful in understanding myself and many others in my circle of friends and family. I believe it has allowed me to give grace to others in circumstances where it was needed. Definitely recommend.

At first I hated this book. I thought it was more modern day fluff. After picking it back up I couldn't put it down. I learned more about myself and why I did things the way I did all my life and never felt comfortable. I realized I was trying to be a different type of person for one reason or the other. Once I matched up who I really am things all become easy! Recommend it! Great for leadership training or personal growth!

Have really enjoyed learning about Carol's program and the different types of people. Although I have known some of the principles she puts forth, having them explained so clearly has been such fun. It has helped me understand others better and why they aren't as perfect as me! LOL

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It's Just My Nature! A Guide To Knowing and Living Your True Nature Knowing Jesus Through the Old Testament (Knowing God Through the Old Testament Set) True Ghost Stories And Hauntings: Eerie True Paranormal Hauntings, Unexplained Phenomena And Disturbing True Ghost Stories (True Ghost Stories, Bizarre True Stories,) It Couldn't Just Happen: Knowing the Truth About God's Awesome Creation Quick Conversational Hypnosis: Hypnotize Anyone For Any Reason Without Them Knowing That They Were Hypnotized, Just By Having A Normal Conversation With Them True Paranormal Hauntings: Creepy True Paranormal Stories From America's Most Haunted Places: Accounts Of True Ghost Stories And Hauntings (True Hauntings) The Book on Estimating Rehab Costs: The Investor's Guide to Defining Your Renovation Plan, Building Your Budget, and Knowing Exactly How Much It All Costs (BiggerPockets Presents...) Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living Backstage Wall Street: An Insider's Guide to Knowing Who to Trust, Who to Run From, and How to Maximize Your Investments Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) A Designer's Research Manual, 2nd edition,

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