

Discover Your Dieting Personality™ ...

... A critical ingredient in your daily practice of loving what you eat and eating what you love!

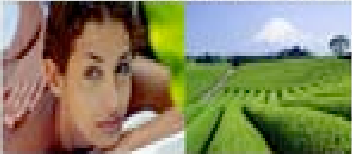


The butterfly wants to fly more than it wants to remain a caterpillar.

What a way to view food and eating! In the past six months I've lost 16 pounds and a total of 15 inches off my entire body! I no longer fear food – and, I more clearly understand that my diet is what I eat every day! – Aixa Acevedo

What happens when the only way to make sense of your relationship with food and eating is to EMBRACE it, MOVE with it, and JOIN the dance ...

info@shapeyourlife.tv



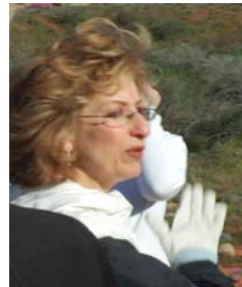
shape
your life

You are unique, so no one diet fits all. What's more, your diet is what you eat — not what you delete!

No two professionals are more attuned to helping you understand **HOW TO** integrate your personal

habits & behaviors with diet & nutrition and fitness & movement than Shape Your Life's (SYL) Kathy S. Soverow, M.S., M.Ed., Director of Mind & Behavior and Lisa High, M.S., R.D., Director of Nutrition. They know that ...

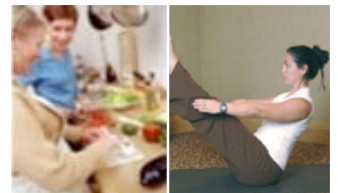
- Your choices **shape your life** from the inside out. Kathy & Lisa teach you you **how to** overcome your stumbling blocks & build on your strengths to develop a new relationship with food and eating.
- Identifying your eating type is a smart, yet commonsense approach to help you reach your goals by using strategies that are motivating and stimulating for life-changing success — no matter how big or small.



Kathy S. Soverow



Lisa High



Connector

Survivor



Self Director

Pleasure Seeker

Your unique dieting personalities are eye-opening. You not only helped me understand why I eat the way I do, but why I sometimes slip back into some bad habits, I now recognize what is happening and can get right back on track. I'm making such positive changes and it's all about understanding why I do the things I do. Thank you both! – Chris Wells

Just as they've changed hundreds of lives through SYL's international programs & telecoaching services, they'll help you **Discover Your Dieting Personality...And, gain control of your body and your life by understanding why you eat!™ Take the Test!** and begin your daily practice to: 1) lose pounds to reach your ideal *feel good in your clothes* weight; 2) sustain your ideal body weight for good; 3) gain a positive sense of self & body image; 4) learn to enjoy every aspect of food and eating rather than feeling guilty about reveling in your pleasures. **SO, WHAT'S YOUR DIETING PERSONALITY?**

CONTACT Kathy & Lisa at telecoaching@shapeyourlife.tv

Finally, a program that teaches you how to gain control, understanding why you eat so you can enjoy your food, have more energy, and stop being controlled by your eating desires. This is no cookie cutter approach. Rather, it's a plan to become completely engaged that includes eating strategies, behavioral change, recipes, and more with specificity towards your unique personality. It's a lifestyle that plays to your strengths and shores up your vulnerabilities so that you can gain the control you deserve with your body and your life. — Barbara S. Harris, Editorial Advisor, SHAPE Magazine