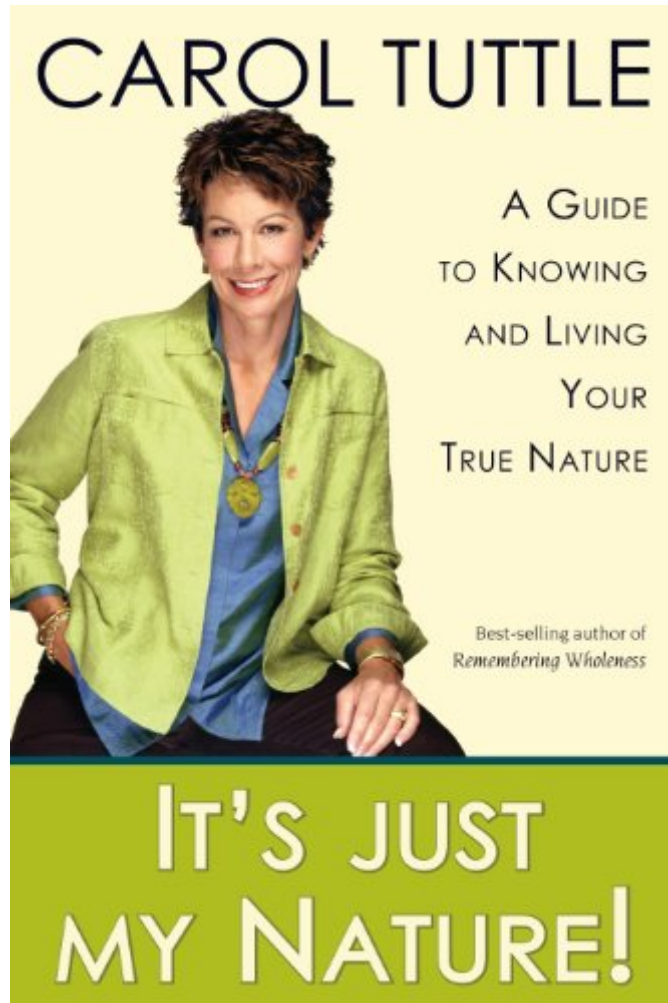


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# It's Just My Nature! A Guide To Knowing And Living Your True Nature



## 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

File Size: 2320 KB

Print Length: 262 pages

Publication Date: October 12, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005V9R0WG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #34,883 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style #60 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #131 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships

## Customer Reviews

I am skeptic, and don't easily embrace new theories, especially when it comes to personality typing. However, I decided to try this method after reading a bit about it on Carol's website, [...] What this book (and system) gave me was a profound sense of peace about who I am and why I do things the way I do. My dominant energy is a type 4, which explains why everything I see and do gets filtered through a "critical" lens, and the underlying question "How can this (they) be better? How can this get transformed?" So I no longer have to beat myself up for my "critic" which speaks all the time. Understanding myself as a type 4 also explains why, when in grad school, at critique time, people

would look at my work and say nothing. This is because I, and the work I create, exude the energetic of "stillness"! I think it also explains why, when I enter a room, people sometimes stare and get quiet (again, the stillness energetic at work here). This also, was profound for me. I could go on about other things I have discovered as well. I also understand my family better now, and I am sharing this information with my sister who is a parenting coach; this information will be a great asset to parents in understanding their kids (for eg. my younger niece, is a dominant type 1, who doesn't like to clean up after she drags all her stuff out! And she is all about fun and joy.) The other day, I was at the vet, and started a conversation with the woman next to me. After about 5 minutes, I could tell that she was a type one, as she was consistently bubbly despite the fact that we were talking about some serious stuff. She also had the facial characteristics of the type 1 - roundedness and apple cheeks. You have really hit it on the mark this time, Carol, and I am so glad I stumbled into this information.

This book is so amazing. I share it anytime I get the chance. It has really been life changing for my family and me. Thank you Carol for your great Type 3 nature in getting this book out there!! In response to the post about the author being rude and arrogant: It's so unfortunate that we label each other negatively. I have come to understand through Carol Tuttle's book "It's Just My Nature" that we all have strengths (and weaknesses too, of course). As a Type 2, my nature is to be more soft-spoken and quiet, not wanting to offend anyone. I'm sure many people call me "wimpy, with no backbone". Type 1's could be called "flighty and silly", Type 3's "rude and abrasive", and Type 4's "critical and cold". Just because someone reacts to a situation differently than we would, we label it unacceptable. If not for Carol Tuttle's direct approach to things she probably wouldn't be nearly as effective as she is. She says it like it is and if taken in the spirit it was given can really be life changing. I've been to many of her presentations and sometimes the questions people ask her can be repetitive and take the topic she's trying to teach off track, as well as taking way too much time. She has limited time to present the things she's planned. I've heard her say several times to read the book. It's great advice because the book is so thorough and most of the people at the presentations have taken the time to read the material and understand it, but the ones that haven't can waste a lot of time wanting explanations of things that have already been covered. I've had several personal interactions with Carol (I'm not related to her at all, so this is completely unbiased), and I can honestly say that she is a very warm and caring person.

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