The Neuroscience of Personality, Purpose & Potential

MIGRATING MIDLIFE WITH MASTERY

How to Move through Turbulence **without the Struggle** into a Life that Finally Feels Like You!

Fast, Fun & Transformational



DIANA DENTINGER

Creator of the Personality & Needs Profile®
Your Life Your Way Coaching Methodology™

MY FORMAL BIO

Welcome here, I'm **DIANA DENTINGER**, your guide to bring out the best you ever. Back in 1985, I started my career as an Entrepreneur and Corporate Team Building Trainer. Since then, I've been on a mission to **design programs that are fast, fun and highly effective**. Whether you're navigating a journey for personal growth or seeking a spiritual compass, I've got something for you!

Over these 35+ years, I've helped hundreds of one on one clients in over 70 countries of the world. They are people like you, **wanting more out of life**! But in their race to success, the overwhelm of their roles and responsibilities, their fears and struggles, they lost themselves. Their feelings of confusion, frustration, guilt and regret also put a strain on their own health and relationships. What brought their **inner spark back to life was knowing who they are**. I've heard so many personal stories in my long Coaching Career. Humans are very fragile yet also very powerful!

In 2004, my Coaching skills skyrocketed when I become a **BioPsychology (Neuroscience) Psychosomatic Illness** therapist. These profound and practical approaches helped me unravel the mysteries of each person's inner conflicts and talents. Reverse engineering the research, I created the **Personality & Needs Profile®** and the **Your Life Your Way Coaching Methodology™**. For these I was awarded Top 100 World Women Achievers in 2018.



Here's the thing: You're here because you're ready for more and better! You've tried some techniques that worked, others that were a waste of time, others that only gave short term benefits. **How about tools that are spot on for you as a unique individual**?! This practical and personalised process gives you the key to unlock your greater potential for more happiness, health and vitality.

Born in Chicago, IL, I grew up in a huge midwestern USA family that taught me about life's variety and richness. I've spent most of my life in Europe (since 1984) raising my four kids in Northern Italy. Here's to you **becoming crystal clear & confident** for a happier, healthier and **more fulfilling life**, your way.

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A MORE INTIMATE BIO

I feel it is important to share my spiritual experiences starting at a young age because what most people in midlife are actually awakening to is "the more" they really are.

When I was 5 and a half I had my adenoids taken out and while coming back from the anaesthesia I had a frightening glimpse into the lower astral planes. I was happy to be back into my body and fully awake again. I learned that these lower vibrational entities are all around us and it is important to never interact with them.

When I was around 9 years old I had apparitions in my bedroom as night. It was very frightening to see light beings. I always felt the presence of a powerful guardian angel but to see this bright light with my physical eyes was more than I could process. I had no idea even how to tell my parents. It took me years to finally tell my mother. She might have perceived something about me in my childhood as I always had very vivid dreams and could remember the "places" I went to. And every morning she was the one who listened.

I was attracted to becoming a doctor and got a scholarship for pre medicine, but after a year realised that it was not the right direction. At age 42 I returned on a similar path and studied as a Psychosomatic Illness therapist. I have rarely taken meds and continue to use energy work, Bowen hands on treatment, breathing, fast walking and meditation to be physically, emotionally, mentally and spiritually well.

My menopause was simple. I had one hot flash and it was suffocating. So I used the tools I learned studying and went to stand in front of the mirror staring into my eyes and soul. I commanded my body and cells to regulate so I could be symptom free. I never go another hot flash. My period ended and life went on as normal.

When a cousin was diagnosed with cancer, he also with 4 children like me, I had an unexpected meeting with a healer in the bathroom of the Paris France airport. With her months later I took trips to witness spiritual healers in South America and among the Maori in New Zealand. Years later I spent time with an enlightened guru in India (not the famous ones who are "money machines" or have "sold their soul" for fame).

After taking a class to connect with my guardian angel in 2013 I was involved in an accident and heavily bleeding. When we finally arrived at the hospital I fainted, they put me on a stretcher. But then I was awakened by a doctor singing. He put his hand on my ankle and in that moment my guardian angel's face appeared in front of mine and said "it's not your time". I stopped bleeding, got up and walked out.

All of these contributed to my deeper understanding of awakening, refinement of intuition and ability to make complex spiritual topics practical and down to earth.

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WHY MIGRATE?
WHY IN MIDLIFE?



Let's get back to nature. There are moments in nature when "normal routine" breaks because an instinct whispers louder than what is known. It is when a creature that is used to one landscape feels the pull of another. Birds know this moment well.

They do not migrate because they are broken, or restless or confused. They migrate because something deep and ancient inside them says: "It is time." Time to leave familiar ground. Time to move toward nourishment, warmth, and growth. Time to stretch their wings on a longer wind.

Migration is not an escape. It is an evolution. It is biology honoring the wisdom written into the cells. Human beings feel this same pull. There comes a season, often in midlife, when the life we built no longer fits the life we feel rising inside us.

We cannot explain it logically. We simply know that our routines feel too small, our roles too tight, our old priorities too heavy and the horizon ahead seems more compelling than the ground beneath us.

Just like the birds, **we are summoned by something invisible yet undeniable**.
It is biology: The nervous system reorganizing itself from survival to purpose.
It is psychology: Identity shifting from "who I needed to be" to "who I truly am."
It is soul: The deeper self asking to be lived, not quietly carried.

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WELCOME TO YOUR MIGRATION!

Migration always follows three laws:

1. It begins with a call, something inside changes before anything outside does.
2. It demands movement, staying in the same place becomes impossible.
3. It leads to better ground even if the journey is tiring, the destination sustains life.

Birds do not wait until they are exhausted to fly. They leave precisely because staying would cost more energy than moving forward.

Humans are the same, though we often resist what nature simply obeys. We stay in roles that drain us long after we feel the shift. We cling to comfort long after it ceases to comfort. We postpone our own becoming until the internal pressure becomes unbearable.

Midlife is a migration you are meant to take. It is not a disorder. You don't move away from your life but rather toward yourself.



Toward more meaning, more alignment, more vitality, more truth, more contribution, more joy. Not through force, or crisis, or chaos but through clarity and conscious transition. This video series exists for that purpose: to give language to your instinct, permission to move and a map for the journey ahead.

Migrating Midlife with Mastery is not about leaving anyone behind, burning things down or chasing something outside yourself. It is about returning to the center of who you are and allowing your outer world to reorganize around your essence.
Let's call it even a Spiritual Awakening? (Finally! A rise in consciousness!)

Birds know that to stay past the season is to weaken. To fly with the season is to thrive. So if you feel the wind shift inside you, if you sense a calling without name, you are not lost, you are simply in motion. Nature is already changing you. Now it is time to fly in the right direction. Welcome to your migration.

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YOU ARE NOT BROKEN. YOU ARE BECOMING.

There is a moment in every human life — most often between the ages of 35 and 55 when something deep inside begins to whisper: “There must be more for me.”

You might feel it as: restlessness even when life is “fine” or boredom with routines that used to satisfy you, or even questioning your choices, career, or relationships. It could come as craving meaning, contribution or quietly wondering, “Is this really who I’m meant to be?”



Let me reassure you gently and scientifically:

- Nothing is wrong with you.
- You are not late, behind, or failing.
- You are evolving.

This guide will show you:

- Why midlife feels different inside your brain and body,
- The real reason you’ve been struggling,
- What happens if you ignore this phase,
- What opens when you walk toward your next chapter,
- And how to move through it with clarity and confidence.

Welcome to the beginning of your best years.

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WHAT YOU MIGHT BE EXPERIENCING

Many adults pass through some version of four overlapping phases during midlife. The timing, sequence and intensity are personal, but the underlying movement from an old identity toward a more authentic one is widely recognisable.

1. Something Feels Off

Life looks good on paper. Yet inside, something feels flat, off, or incomplete. You've achieved what you set out to do: career, family, home, stability, yet you feel yourself quietly asking: "I should be happy. Why does something still feel missing?"

2. The Pull Towards More



You begin noticing desires you ignored: to create, write, build, teach, serve, to pursue curiosity or finally prioritize yourself.
"There is more in me, but I do not yet know what form it should take."

3. The Pressure to Change

Old coping mechanisms stop working. Exhaustion, irritability or emotional swings appear (dark night of the soul?). Relationships feel strained. Jobs feel stale. Habits feel heavy. Your inner self is trying to move forward but your outer life hasn't caught up yet. Your daily grind gets heavier. "I cannot continue exactly as I have been, but I am not yet sure what comes next."

4. Reinventing Yourself

You start letting go of identities that once defined you. Something new is forming, but this "new" still doesn't have a clear image, a shape nor empowering language yet. This is both exciting and uncomfortable. Midlife is not collapse. It is construction.
"I am not falling apart. I am trying to form a life that fits who I am now."

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THE SCIENCE SAYS YOUR BRAIN IS REWIRING

Biologically, this phase is predictable and purposeful:
Hormones recalibrate (peri-menopause, andropause), emotional regulation shifts, the frontal lobes called your CEO brain take the lead, the limbic system as part of your automatic reaction and survival brain loses dominance, the need for meaning and authenticity increases.



This is why:
- You can no longer ignore your needs,
- You stop tolerating draining habits or relationships,
- You crave purpose instead of productivity,
- You desire depth, not distraction

Your brain is upgrading itself to support the next era of your life. Physiologically, this phase tells you that your Identity is evolving and every major model of human development confirms this too:

- **Erik Erickson called this Generativity vs Stagnation** which is a biological push to contribute to the future or feel stuck.
- **Carl Jung called it Individuation** which is a return to the Self (with a capital "S") about you reclaiming the parts you lost along the way.
- **Gail Sheehy named it The Midlife Passage so t**he moment when your roles crumble, these also help you reveal who you really are.
- **Rudolf Steiner mapped it as a 7-year cycle shift** in which you move from outer achievements to inner alignment.

Put simply:
Midlife is when the self you built no longer matches the self you are becoming.

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TAKE THIS QUIZ

This assessment is intended for personal reflection and coaching insight. It is not a medical or psychological diagnostic instrument.

INSTRUCTIONS: Rate each statement from 1 to 5
1 = Not true at all, 2 = Somewhat true, 3 = Neutral / Moderately true
4 = Quite true, 5 = Very true for me. Add your total at the end (max = 100)

PHYSICAL & VITALITY

1. I wake up feeling rested with enough energy to get through my day.
2. My body feels strong and dependable, not like it's slowing me down.
3. My hormones, sex drive, sleep and mood feel mostly balanced.
4. I am caring for my health proactively, not reacting to problems.

EMOTIONAL STABILITY

5. I feel emotionally steady and respond thoughtfully, not reactively.
6. I feel connected to myself rather than numb, irritable or drained.
7. I am not holding resentment, regret or sadness beneath the surface.
8. I trust myself emotionally and don't feel like I'm on a rollercoaster.

MENTAL CLARITY & FOCUS

9. I can make decisions confidently without overthinking or second guessing.
10. I know what matters most and stay focused on it.
11. I'm not spinning my wheels researching, consuming content or avoiding action.
12. I feel mentally sharp, creative and clear about where I'm heading.

RELATIONAL AUTONOMY

13. I communicate honestly and effectively with partners, family and coworkers.
14. I set boundaries without guilt or fear of conflict.
15. My relationships feel nourishing, not draining or performative.
16. I no longer play roles to "keep the peace" or earn approval.

PURPOSE, IDENTITY & MEANING

17. I feel my life aligns with who I really am today, not who I was years ago.
18. I am doing work or creative expression that feels fulfilling and meaningful.
19. I am excited about the next chapter of my life rather than anxious about it.
20. I feel like I am becoming more of my true self, not less.

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SCORE TO SOAR

From 20 - 60 Ready To Master the Migration	From 61 to 80 You are Migrating With Strength	From 81 to 100 You are Landing in your New Season so Claim it.
How you're doing: You are adapting, enduring, and pushing through. You've held up remarkably well given the internal pressure and external demands.	**How you're doing:** You are managing change wisely. You're adapting, adjusting and finding your footing.	**How you're doing:** You are rising to the occasion. You are already making aligned choices and listening to your inner wisdom.
You may be: • Making life work despite emotional crosswinds, • Carrying others while carrying yourself, • Working harder to keep routines steady, • Showing resilience without relief, • Navigating change without clarity.	**You may be:** - Holding steady while quietly desiring more, - Balancing responsibilities and inner growth, - Experiencing flickers of purpose and clarity, - Noticing what drains you vs. what fuels you, - Competently weathering stress with grace.	**You may be:** • Letting go of old roles with maturity, • Claiming your needs and values, • Building new identity, skills, or opportunities, • Feeling more like yourself than ever, • Excited for what's next.
Cost of staying here without support: - Prolonged strain leads to burnout or resentment, - Patterns repeat instead of resolve, - Symptoms creep into health, relationships, confidence, - Years pass without meaningful shift.	**Cost of staying here without clarity:** • You plateau instead of rise, • Growth is slower and patchy, • You risk drifting back into old patterns, • Your potential remains partially expressed.	**Cost of staying without elevation**: - Momentum slows when clarity isn't precise, - You may recreate a "new" life patterned after the old one, - You miss your highest leverage window for change, - Untapped potential remains dormant.

How support helps is that you : Move from weathering life → to shaping it, Stop reacting and start choosing, Convert insight into confident action, Build the life that matches your inner evolution, Clarify gifts, direction, and contribution, Make the second half of life your most fulfilling, Upgrade from "holding it together" to thriving.

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OPTIONS FOR GUIDANCE

Here are the opportunities to get your unique **PERSONALITY & NEEDS PROFILE®** offered as a Readout (55 pages of descriptions) in a Playbook of over 200 pages. It comes with Video Masterclasses and the Best You Game Board for fast & fun growth. This **EXCITING** format takes the guesswork out of self discovery.

1. The Best You Yet (DIY)

Along with your unique Personality Profile it is structured as a fun 21 Day Challenge to have you integrate each aspect of who you really are. Better you for a better life.
https://yourlifeyourwayacademy.com/profile/



2. Your 3 Hours of Coaching

You are tired of trying to figure things out!
Here Diana Dentinger guides you through who you are in your Complete Personality. You finally gain the deeper insights to make better decisions and move forward.
https://yourlifeyourwayacademy.com/coaching/



3. Your VIP 6 Weeks Coaching

Time is your most valuable asset. Why waste it stuck in uncertainty? In these weeks, you get laser focused clarity with a boost of confidence and energy to fulfill your greater life purpose for success. https://yourlifeyourwayacademy.com/coaching/



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MODELS IN THIS AWARD WINNING METHODOLOGY

This is not ordinary coaching and it is not built on generic questions, guessing or trial and error nor suggesting you do as I did. At the heart of this approach is a proven, structured and scientifically grounded Methodology made up of integrated models:

1. The Personality & Needs Profile® as your unique guide. A precise BioPsychology based Readout (55 pages of Personality Needs descriptions) in a Playbook (200+ pages total) that reveals who you truly are in each of the 12 Personality Facets. This becomes the compass for every decision and every next step.

2. The Best Life Formula as your current state. A fast and practical way to understand what lifts you forward (Best You + Basic Skills) and what pulls you back (Inner Automatic Programs + Outer Social Pressures). Instead of fixing "areas of life," you learn exactly where your energy is being gained or lost.

3. The Best You Blueprint as your path forward. Using coaching sessions and the Best You Game Board, we translate insight into action building clarity, confidence, energy and meaningful movement in the areas that matter most. This becomes your roadmap for sustained progress and fulfillment.

Together these models form a repeatable, reliable system that reveals who you really are, pinpoints why you feel stuck now and guides you to your best life clearly, strategically and joyfully. No more wondering where to start. No more years of working on yourself. Just clarity, alignment and transformation based on you.



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BEST YOU BLUEPRINT FOR MIDLIFE

The **Best You Blueprint** is built on four essential steps and layers of fulfilling **NEEDS**.

1. Know Yourself Completely

Discover your unique set of **Personality Needs**, which are your innate talents. These reside in the prefrontal cortex, in your brain, in the seat of Personality. Without the depth of knowing yourself, you easily become stuck. You feel limited and blocked. Instead when you know you have inner resourcefulness that gives you resiliency, creativity and empowerment, you tap in and find "the answers inside". Life becomes simpler, because you stop looking outside of yourself or trying to be someone else.

2. Apply and Express Yourself

Live your uniqueness on a path of self realization, aligned with **Maslow's Universal Human Needs**. This is how you give your best to your health, create your stability, maintain positive and supportive relationships as you gain confidence realizing your life purpose for a life well lived, feeling fulfilled without regrets.

3. Align with Your Body and Psyche

Be in harmony with your physical, hormonal, and psychological systems as you age and evolve through the developmental **7 Year Life Cycles**. This helps you overcome feeling "behind" in life, which might often be based on comparison. Use your body as your compass about meeting milestones using your innate personality potential.

4. Amplify Your Energy and Attract Synchronicity

Express the Best You, applying and aligning yourself so your energy expands. This is how you attract opportunities, people and synchronicities that match your "higher" intention, mission and vibration. Life flows, not because you control it, but because you are coherent with yourself first and foremost.

When you live this way, goals are no longer destinations, they are natural expressions of your wholeness. **The best life comes from becoming more you!**

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REAL PEOPLE. REAL SHIFTS. REAL RESULTS.

CLIENTS IN OVER **70 COUNTRIES** OF THE WORLD

Increasing your self awareness is what gives you greater access to making the best decisions aligned to the real you. You achieve more success and deeper satisfaction.



















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THE 4 ESSENTIALS TO MASTERY



1. Make Yourself a Top Priority
This is non-negotiable. Not selfish. Not indulgent. Necessary. You cannot pour from an empty vessel, and you cannot lead a life you are not fully present for.
For many women and men, this is the first time they put themselves on the list.

2. Deeply Know and Connect with Yourself
Not the surface you. Not the you shaped by history. Not the role you've played. But the whole you. That means you in your complete and unique innate Personality, your core needs, your natural strengths, your motivators, your patterns and your purpose. Self awareness is not a luxury, it is the operating system for your next chapter.

3. Focus on Yourself on All the Five Planes of Existence and Fulfillment
A. Physical: energy from meaning, exercise, water, food and sleep.
B. Emotional: regulation in the prefrontal cortex, resiliency to change,
C. Mental: clarity in the left and right hemispheres, decisiveness, direction.
D. Relational: positive communication, understand needs and support desires.
E. Spiritual Purpose: the reason you are here, meaning + contribution

The transformation is not in adding more but in living from your truth everywhere.

4. Use Tools That Work
The Midlife passage can take from 2–7 years if you struggle through it on your own. OR just a few months with the right support. You deserve precision, not guesswork.

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WATCH THE VIDEO ON PERSONALITY NEEDS

Essential 2: Know Yourself fully is about clear answers to vitally important existential questions.

In order of importance they are:

1. **Who are you?**
2. Why are you here?
3. Where do you excel?
4. What do you innately do well?
5. How do you do it?

Who You Are is your complete set of **Personality Needs**.

You see, you are a person, therefore you have a Personality.

Think of Personality being like a sports bag full of equipment. Each piece inside the bag is there to equip you with anything you need to do in life, both to solve challenges and realize desires.

But there are 2 huge problems:

1. You might not have tried to use each piece of equipment,
2. You might not know how to use more pieces at a time.

This results in feeling unequipped for all of life's challenges.



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PERSONALITY IS COMPLEX

But we have simplified it for you! It's just that you might be used to the mainstream or popular tests that oversimplify by putting you into four neat boxes or types. From Myers Briggs to Human Design to Enneagram, you are a "type". But that's not the whole story of who you are! **Modern Personality science** shows that traits come in layers and facets.

This is why the **12 Facets of Personality** in your unique Profile matter. Instead of forcing you into one category, you become aware of the multi-faceted person you really are. Once crystal clear on all the aspects of the complete you, this fuels your confidence which **skyrockets your energy**. And having energy is how you do more of what really matters to you, giving your best to all areas of your life.



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WHAT HAPPENS IF YOU DO NOTHING

Here's a Worst Case Scenario if you let Midlife just roll without awareness.
You end up ignoring the inner call. It doesn't disappear, it becomes lingering frustration, simmering resentment, emotional exhaustion, short tempered reactions, numbness where joy used to live. It is an identity crisis disguised as "fine".

Relationships strain. Work drains. Your body whispers through symptoms.
And one day, you wake up and quietly ask: "How did I lose myself?"

Worst Case Outcomes:
- Years wasted in autopilot,
- Shrinking confidence,
- Loss of possibility,
- Regrets that hurt more than failure ever could.



Here's a **Best Case Scenario** if you decide to answer the call with greater awareness. When you turn inward and listen life begins to reorganize around your inner gps.

You experience clarity instead of confusion, grounded confidence instead of doubt, emotional steadiness instead of swings, aliveness instead of depletion, meaningful contribution instead of obligation.

You create:
- Careers that fit who you really are,
- Relationships that support your growth,
- Boundaries that protect your wellbeing,
- A life that finally feels like yours.

You stop performing. You start becoming. Midlife becomes your most fulfilling decades, not the fading of youth, but the **rising of your purpose**.

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GET LONG LASTING POSITIVE CHANGE







THIS ASSESSMENT & 4 STEPS TO MASTERY GIVE YOU AN INTRODUCTION
But you have so much more inner potential, knowing and wisdom to tap into. Your Complete Personality & Needs Profile® is a 212 page manual that gives you **5 pages of descriptions for each of your Personality Needs** so you can fully be the real you and make decisions that fit who you are for greater success and happiness.

This is how your needs, desires, challenges and desires become crystal clear. Not in theory but in real life practice. When you are ready to stop guessing and start being yourself with this depth and precision then find out more about the Profile.

It is your time to begin to trust your inner knowing, to stop forcing what does not fit, to let go of comparing yourself to others or self sabotaging what your heart and soul feel is a more meaningful life path.

Move forward with real clarity and confidence today!





CLICK HERE TO FIND OUT MORE ABOUT A PROFILE

https://yourlifeyourwayacademy.com/profile

CLICK HERE FOR ONE ON ONE COACHING OPTIONS

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FREQUENTLY ASKED QUESTIONS



1. What is a Personality & Needs Profile® Readout?

The Personality Profile Readout is a 212 page readout with 5 pages of descriptions for each of your Unique Individual Needs in each of the 12 Facets of Complete Personality. The descriptions are "key worded" so your biology, neurology and psychology remember "what it's like to be you". These key words have the power to catalyse change so it is easy to step into your potential and feel energised. Ultimately your Personality Profile Readout is an Instruction Manual on how to live life your way being the best version of yourself. Offered in **VARIOUS COURSE OPTIONS** it includes a 20 part video series, exercises to facilitate the process of decision making and focused action taking.

2. How does the profiling process work?

First you fill out a Questionnaire writing at least 30 words to each of the 15 open ended questions such as: "Name the number one challenge that if it were solved would change my life for the better?" When correctly filled out, your questionnaire is put into a system that elaborates your Personality Profile Readout. It organises the Needs you have and in which Facet of Personality they are in. This Methodology is protected by copyright laws.

3. Does Personality change over time?

No, your innate Personality does not change. The degree to which you live Personality is what changes. You might have periods during life in which you fulfill your Unique Individual Personality Needs and therefore expressing your Personality potential. And there might be other periods in life in which you do not. Being that this Profile and Methodology were created by reverse engineering the root causes of psychosomatic illnesses, there is a higher probability of developing an illness and emotional blocks when you are not expressing your fuller potential.

4. How does this Profile differ from other Personality Assessments?

Most other "tests" or assessments have you answer a multiple choice questionnaire, forced yes or no answers, or even rating an affirmation from strongly agree to strongly disagree. These are called Psychometric tests. They are not based on science. And if you would take the same test at a distance of time, there are probabilities that the results will vary. The results you obtain from these "tests" or assessments are that you are 1 of 4/8/9/16 types. But you are so much more! That is why the Your Life Your Way Academy is ay one stop, best place for personal growth.

CLICK FOR ALL YOUR OPPORTUNITIES

https://yourlifeyourwayacademy.com/courses/

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MORE FUN & INSPIRATION

From **Podcast Episodes each week on a variety of topics**, both in audio and video format, to **Self Help Books for my continued personal growth**, Diana Dentinger shares her vast professional experience and profound wisdom to help you live a great life being the great person you are meant to be!

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THE 21 DAY BEST YOU YET CHALLENGE

With Complete Personality Profile with Descriptions in all 12 Facets.



ACCELERATE HAPPINESS & SUCCESS WITH ONE ON ONE COACHING

Personalized Guidance on Life and Your Complete Personality Profile.



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