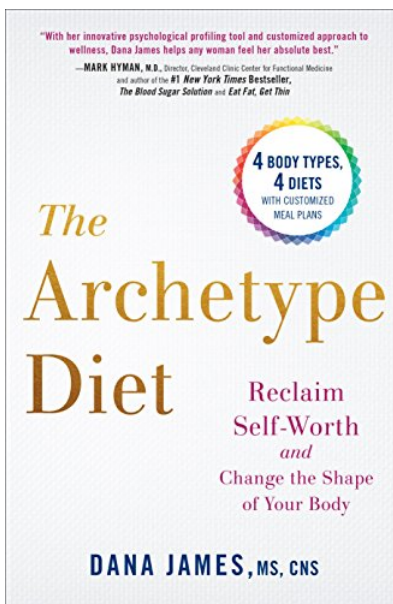


# JcmSR [Free PDF File] The Archetype Diet: Reclaim Your Self-Worth and Change the Shape of Your Body



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A paradigm-shifting approach to weight loss, revealing how eating for your female archetype can help change your body shape and put you on a path to better long-term health. Leading functional medicine nutritionist Dana James knows that when it comes to dieting and feeling your best, there's no one-size-fits-all approach. In her work as a diet and nutrition expert, Dana observed a series of patterns indicating a clear link between her client's personalities and their eating habits, noting that their weight loss efforts were most successful when they tapped into their own specific traits and tendencies, and not when they followed traditional diet advice. In *The Archetype Diet*, Dana defines these patterns as four primary archetypes all women embody and reveals how, contrary to popular belief, your body type is not your destiny. Instead, she guides you to discover your own archetype--the Femme Fatale, the Wonder Woman, the Nurturer, or the Ethereal--and shows how you can alter your body shape by changing where you store excess fat. Once you understand the connection between your eating habits and female archetype, the seat of your self-worth, you can actually rewire those habits so you'll not only slim down but will reshape your relationship with food, allowing you to eat in a way that works for your body and to enjoy delicious meals at the same time. Complete with recipes, meal plans, and lifestyle interventions that are perfectly tailored to complement your specific archetype, *The Archetype Diet* will put you on the most effective path to shed excess pounds, keep them off, and feel great overall.

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