

HOW DO YOU SEE YOURSELF? Personality Quiz---*The answer is in a box of chocolates!* (Taken from *Woman's World Magazine* 2/11/2003)

Picture yourself sitting down with a big, heart-shaped box of chocolates. Which of the delicious morsels do you reach for first? Your choice reveals more than you think: "Studies of more than 18,000 people show that chocolate evokes some of the most treasured and important memories of our childhood—a time when we felt freest and most confident to just be ourselves and show off our true personality traits!" explains candy expert -Susan Fussell of the Chocolate Manufacturers Association. That's why even today your favorite chocolate reveals secrets about your self-image.

Truffles **YOU SEE YOURSELF DESERVING of THE BEST**

More than any other type of chocolate, there's an opulent indulgent quality to the truffle. "Surveys show that folks who choose it have a strong appreciation for the finer things," says Fussell. And just like them, you see yourself as worthy of the best: even if you can't afford the finest silk blouse, you know that treating yourself to the nicest things you *can* afford is one of the best ways to celebrate your own extra-special flair!

Creme Center **YOU SEE YOURSELF AS ... STEADFAST AND LOYAL!**

There are more creme-filled ' chocolates in most assortments than any other kind—because surveys by the Association of Chocolate Manufacturers show they're the most popular! "These are the tried-and-true standbys—and industry research shows folks who like them best see themselves as solid traditionalists who prefer to go for the known quantity rather than experiment," says Fussell—and that goes for products, people and even your career! Slightly suspicious of anything slick and new, you view yourself as a protector of the way things used to be, whether it's your parents' solid values, your community's cohesiveness or your country's sense of pride. You're steadfast and loyal— and you **want** it to show!

Solid Chocolate with Nuts **YOU SEE YOURSELF AS ... DEPENDABLE AS A ROCK!**

"Our studies show that people who prefer hard chocolate with nuts frequently score high on scales of good old-fashioned backbone," says Fussell. You see yourself as the rock your family depends on, and you pride yourself on your ability to create a secure environment for them. Seeing to the little things makes you feel as if you're building a strong foundation on which you and your loved ones can stand, grow—and reach for the stars!

Cherry Center **You see YOURSELF AS...A LITTLE OFFBEAT!**

There it sits all by itself. The foil-wrapped chocolate-covered cherry, the only one in the box. "Marketing surveys show that folks who reach for this unusual chocolate first have the confidence to be a touch different—and they pride themselves on that." reveals Fussell, Never one to run with the crowd, you feel unique inside, and you want others to know it! Everyone else is bundled up in a parka? You don a glamorous vintage overcoat! The whole neighborhood heads to the multiplex for the latest blockbuster and you stroll to the art house for an independent film! You enjoy feeling creative and offbeat—an original - in a sea of **sameness!**

***Caramel Center* YOU SEE YOURSELF AS... A KID AT HEART!**

If you love to hunt for the chocolate-covered caramels, you've never lost your love for good old-fashioned fun. "Caramels hold a hallowed place in the world of chocolate: they're an uncomplicated standard that everyone learns to love when they're young," says Fussell. No wonder they're the number-one favorite chocolate among kids! If you still love them, psychologists say you probably see yourself as fun-loving, enthusiastic and young at heart!

FUN NOTE:

In the 1800s, doctors regularly advised lovelorn patients to eat plenty of chocolate---because they believed it would make them fall out of love!

Best Reason to Eat Chocolate

(Taken from Good Housekeeping – Feb. 2002)

We are a nation of chocoholics, downing about 3.3 billion pounds of the sweet stuff each year. And though most of those Hershey's Kisses and M&M's go right to our hips, some may actually end up doing us good. It turns out that chocolate may contain the same heart-healthy flavonoids as red wine and green tea. Flavonoids are potent antioxidants believed to lower levels of bad cholesterol and fight the buildup of artery-clogging plaque.

As with other good things in life, there are a few caveats. Different kinds of chocolate contain different amounts of antioxidants. Also, the milk in milk chocolate brings unhealthy saturated fat to the mix, which dilutes beneficial antioxidants. And sadly, we still have to worry about our hips: Overdoing the chocolate inevitably adds unwanted calories. "If you want to eat chocolate, indulge in a small amount of a great-quality dark chocolate, enjoy the heck out of it, and stay on an overall healthy diet," advises Donald Hensrud, M.D., a nutrition specialist at the Mayo Clinic, in Rochester, Minnesota.