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**For Immediate Release**

**YOUR VITALITY PERSONALITY**

**Decode The Real You And  
Hack Into Happiness**

By Candice Thomas

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“This book is for people who feel stuck and frustrated. It might be in the areas of health, relationships, money, career, or a sense of meaning . . . If you suspect that you are built for something important, then you are in the right place. It is my joy to share with you, and pass on the healing keys that I received, so that you may finally unlock yourself.”

– Candice Thomas, author, **YOUR VITALITY PERSONALITY**

**UNLEASH YOUR HIGHEST POTENTIAL AND GREATEST GOOD**

**New Book – YOUR VITALITY PERSONALITY –  
by Holistic Health Expert Candice Thomas Offers Revolutionary  
Model for Cracking the Code of Who You Really Are --  
and Unleashing a Life of Love, Joyfulness, and Meaning**

What’s keeping you from hacking into happiness? Based on her research and work with hundreds of patients, holistic health expert Candice Thomas has found that the key to living your best life lies in identifying your unconscious programming—driven by your personality type—and overcoming its limitations. “Decoding your secret inner programming and releasing self-sabotage allows you to discover the most potent and mighty aspects of yourself. It allows you to consciously see what has previously been hidden within your unconscious – power, love, genius,” Thomas asserts in her new book, **YOUR VITALITY PERSONALITY: Decode the Real You and Hack Into Happiness** (Publisher: Desert Sky Press; October 2024).

**YOUR VITALITY PERSONALITY** not only enables readers to determine which of nine personality types they fall into by taking Thomas’ free online quiz available at [www.yourvitalitypersonality.com](http://www.yourvitalitypersonality.com), but the book also lays out a blueprint for accessing the special talents and abilities that come from living your “Vitality Personality.”

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As a holistic health practitioner, Candice Thomas has spent decades helping people become their best selves. Her work always begins with administering her carefully honed personality type quiz. “Your personality type has so much more to do with your quality of life and your ability to influence your world than you ever would have guessed. You can think of it as your default hardwiring,” she writes.

Thomas further explains that there are two opposing aspects to someone’s personality type – “The Real You” and “Your Primal Persona.” The latter causes people to live in a permanent state of survival mode causing them to make reactive choices. With **YOUR VITALITY PERSONALITY**, Thomas helps people break free of their Primal Persona and access their Vitality Personality – the most enlightened version of their personality type.

Throughout **YOUR VITALITY PERSONALITY**, Thomas details the nine personality types, which she has based on the Enneagram. She thoroughly describes the Primal Persona and Vitality Personality for each and offers step-by-step guidance for transitioning from one to the other. The nine types are:

**Type 1: The Architect/The Judge** – Those with this personality type believe that they can survive by putting a chaotic world into perfect order. This results in a tendency toward rigidity and an over-attachment to being “right.” Breaking free of this judgmental programming releases Your Vitality Personality, which Thomas calls the “Architect,” enabling trust in the universal order and the ability to serve it for the greatest good of all.

**Type 2: The Altruist/The Victim** – People with this personality type are devoted to showing up for other people. Their “Victim” Persona assigns them the role of a perpetual servant. Rejecting this Persona activates the Altruist, a beacon of love and generosity who – critically – cares for themselves first.

**Type 3: The Luminary/The Pretender** – The Primal Persona known as the Pretender is all about being perceived as the best and is characterized by image-consciousness and the need to chase glory. On the flip side is The Luminary, who truly believes in their self-worth.

**Type 4: The Creative/The Diva** – The Diva needs to be regarded as special. This leads to constant comparing and self-obsessing. In contrast, the hallmarks of Type 4’s Vitality Personality, the Creative, are curiosity, perception, a love of beauty, and a sensitive nature.

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**Type 5: The Sage/The Miser** – The Miser thinks they must hoard their resources, living life as an observer, not a participant. The Real You here is the Sage – a visionary who forges fearlessly into the unexplored.

**Type 6: The Guardian/The Alarmist** – The Alarmist is suspicious and fears the worst. Breaking free of this Primal Persona releases the Guardian, who is driven by the desire to watch out for others, protect integrity, and support community.

**Type 7: The Uplifter/The Hedonist** – The Hedonist is inclined to self-medicate and escape. In contrast, Type 7's Vitality Personality, the Uplifter, seeks elevation by inspiring themselves, which in turn inspires others.

**Type 8: The Leader/The Bully** – The Bully needs to be in constant control and intimidate others. By breaking free from this survival programming, Type 8 can become the Leader, someone who honors and collaborates with others.

**Type 9: The Healer/The Submissive** – The Submissive wants to avoid making waves. They ignore things that feel too complicated. Breaking free of these instincts allows Type 9's Vitality Personality, The Healer, to actively pursue peace and harmony by extending their loving and generous nature.

After helping readers understand their Personality Type and how it functions, Thomas then presents concrete solutions to start the healing process. “The secret to activating your full power lies in your ability to love yourself,” she explains. “When there are only some parts of yourself that you like, and the rest you deny or suppress, you create a personal worldview of scarcity and lack. Achieving self-love using these exercises may take effort, but with repeated practice, it gets easier, and the transformation you will see will inspire you to keep going.” Thoughtful and thorough, **YOUR VITALITY PERSONALITY** is the ultimate guide to helping readers unleash their highest potential and greatest good.

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**CANDICE THOMAS**, author of **YOUR VITALITY PERSONALITY**, is an award-winning holistic health professional, Enneagram researcher, and international speaker. She holds a bachelor's degree in molecular and cellular biology (with minors in math, chemistry, physics and English), a master's degree in acupuncture, and certifications as an Enneagram Accredited Professional and Quantum Healing Hypnosis Technique Practitioner. Thomas has devoted her life to pursuing higher understanding of Consciousness and the source of Vitality. You can learn more at [www.yourvitalitypersonality.com](http://www.yourvitalitypersonality.com).