

What's your coffee personality?

Coffee is one of the most popular beverages in the world, and how you take yours says a lot about you! "Coffee has become so ritualized—whether you meet at a café to unwind or have it every day before

work to get going—that it's become a social cue, signaling who you are to others," says stress management expert Debbie Mandel. Just read on to discover the personality secrets *your* coffee cup is spilling about you!

IF YOU PREFER . . .

Black coffee: You're a driven leader!

For most of us, the bitter taste of black coffee is a hard pill to swallow, but for you, it's simply a sippable form of adrenalin. "You exude ambition," notes Mandel. "When you order black coffee, it's like you're saying, 'Nothing matters but the task at hand.'" Interestingly, studies show babies almost immediately reject bitter flavors, growing into them only as adults. No wonder your coffee choice signals super-adult qualities like decisiveness and maturity, the hallmarks of leadership.



Cappuccino: You're a stylish optimist!

With its foamy head, cappuccino offers a playful texture that complements your upbeat outlook. You also have a sharp sense of aesthetics and fashion, says Mandel. "Cappuccino is itself an aesthetic drink—from its frothy top to its sprinkling of cinnamon—and it appeals to someone like you who's sensitive to how things look." Just one reason you turn heads everywhere you go!



Espresso: You're a cultured conversationalist!

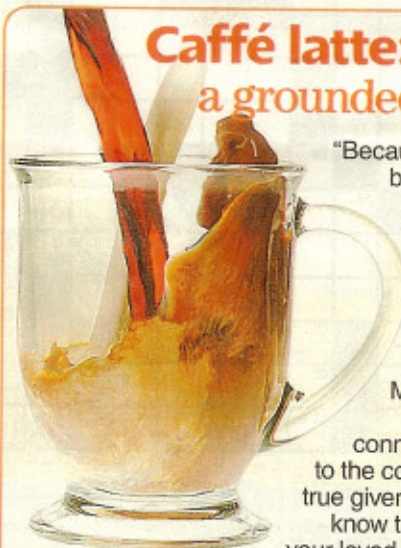
"You are a true sophisticate—a connoisseur of coffee and culture," says Mandel, who explains that the espresso demitasse cup itself exudes refinement.

Traditionally served at the end of a meal, espresso goes hand in hand with great conversation.

Indeed, you use your wit to dazzle companions well into the wee hours. Charming and laid-back, you are a rare blend of class and down-to-earth amiability.



Caffé latte: You're a grounded giver!



"Because of its milk base, a latte is appealing to someone who's not drinking it for potency alone," explains Mandel. It has a nurturing connotation: Kind to the core, you are a true giver. And yet you know that caring for your loved ones doesn't

have to mean ignoring your own needs—in fact, taking time to, say, sip a latte, makes you the ultimate giver, because you also give to yourself!



Café mocha: You're a child at heart!

With its drizzle of chocolate syrup and its dusting of cocoa powder, a café mocha is both beverage and dessert. And you—like your drink—straddle two worlds: sweet childhood and go-get-'em adulthood, a mix that makes you super-independent. "You do your own thing and aren't afraid of anything . . . not even calories!" chuckles Mandel.