

# Coffee Therapy

What your coffee says about you.

CD track 11 - American women

What kind of coffee do you drink? Cappuccino? Irish coffee? Black coffee? A recent psychological study claims that there is a connection between the type of coffee you drink and your personality. Learn what different coffees mean, and use this information to analyse your friends, business associates, family and neighbours. This will give you a competitive advantage.

## Decaf Coffee (decaffeinated coffee)

Decaf coffee drinkers have a strong need to have some control of their lives, and they need to **be in the driving seat** at all times. They also hate feeling any form of dependence - especially on drugs, such as caffeine.

## Instant Coffee

Instant coffee drinkers are pathologically **lazy**. They **cannot abide** hard work and will do anything to avoid **messing around** with complicated instruments and machines such as coffee percolators. They love the fact that making a coffee consists of merely throwing in a spoon of coffee and **chucking** some hot water over it.

## White Coffee

Coffee drinkers who succumb to the temptation of the "white liquid" (milk) are often **weak-willed** people who suffer from self-destructive tendencies.

## Black Coffee

Black coffee drinkers care little for **fads** and are more concerned about integrity and honesty. They like a challenge, and they are fast thinkers, fast movers and fast talkers.



## Caffè Latte

This coffee is a classic Italian drink, made with a small cup of freshly-brewed espresso and **topped up** with hot milk. It is also known as "café



con leche" in Spain, "café-au-lait" in **posh** cafés in England (and ordinary "cafés" in France), and "milky coffee" to your **average English person**.

Caffè Latte drinkers have a **happy-go-lucky nature**. They are jolly, full of good humour and often to be heard **cracking jokes at other people's expense**.



## Cappuccino

This drink is made from one-third coffee, one-third milk and one-third **froth**. Make your own froth by heating milk in a pan and then **whisking briskly** with a **fork**. Pour the frothy milk onto your hot black coffee. Sprinkle chocolate powder or cinnamon on top for added colour. Cappuccino drinkers are authentic people who enjoy all the **ups and downs life tosses their way**.



## Mocha

This novel form of coffee is created by mixing together a cup of coffee and a cup of hot chocolate. Inexperienced drinkers may like to soften the taste by adding cream on top. Mocha coffee drinkers have little concept of time and money, and have an inability to administer their own finances.



## Irish Coffee

This original method of **disguising** the taste of coffee involves the addition of coffee, whiskey, sugar and cream. Pour the cream over the back of a teaspoon to demonstrate your high level of cultural awareness. Irish coffee drinkers have an aggressive streak which tends to manifest itself after 52 glasses of the drink.

## Sippers & Gluggers

Psychologists have identified two distinct drinking styles: **sipping** and **glugging**. "Sippers" tend to approach things cautiously and with trepidation, particularly new relationships, jobs and types of food. "Gluggers" have few inhibitions in life and will happily jump in **where others fear to tread**.



## Cups & Saucers

Coffee drinkers' accessories can also give us many clues to a person's personality. Those who use **saucers** overwhelmingly have a history of insanity in the family. After all, who would be stupid or crazy enough to