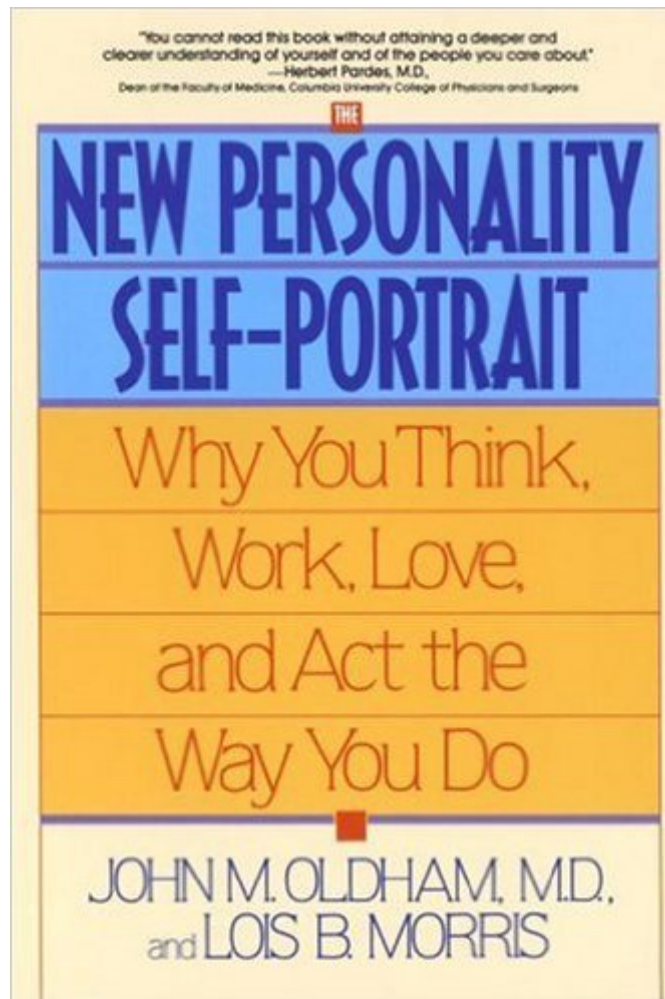


The book was found

The New Personality Self-Portrait: Why You Think, Work, Love And Act The Way You Do



Synopsis

The New Personality Self -portrait is the only guide to personality types based on the American Psychiatric Association's just-published official diagnostic system -- the DSM-IV -- and written by one of today's leading personality researchers. A long-time backlist bestseller in its previous edition, it has now been completely updated to include all the fascinating new information about how we become who we are-and how we can change. The self-test in The New Personality Self -portrait is already used extensively in mental health and business settings. It reveals a profile so personal, so accurate, that it's as individual as a fingerprint. Readers discover their unique mix of 14 distinct personality styles -- and learn how those traits impact their relationships, work and home life. Fascinating case histories show each style in action, with tips on how to live and work with every type, and exercises for turning vulnerabilities into strengths -- plus warnings about when individual differences develop into personality disorders.

Book Information

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Customer Reviews

As a layperson, I've read/browsed through several personality type books in the past but I find this is the one that I keep going back to. I've taken a lot of the self-diagnostic tests and found that on the whole, many of them seem to be generic and applicable to anyone; they're safe and not overly complex; forgettable. Many of these tests also seem to have scores that range from High (extreme) to Mid (normal) to Low (extreme) and you almost suspect that very few people would ever, ever score at the extreme ends of the scale and then of course the 'normal' range is so very comfortably

normal, that you also suspect 98% of the population safely falls into that category. Then there are the tests that have so much jargon that you're lost before page 15, the book is set to the side and collects dust on the shelf. A year later you pick it up again and realize why it's on the shelf. The Personality Self Portrait is nothing like that. It is not so overly complex that you lose interest halfway through the book. The analyses are written for the average person, not clinical professionals but with humor and insight. It is concise yet in depth. Your results are literally charted on a graph that shows exactly what your dominant characteristics are in order of strength which makes this book uncommonly discernable and user-friendly. In addition, I found one very interesting, unique area: The Best Match for Your Personality. In other words, the kind of person you get along with best. And although it sounds perhaps stereotypical, I found that many of my closest friends actually did fall into my 'best match' categories. (I know! I made them take the test!) The one trait that seems to outshine them all, however, is the Conscientious trait.

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