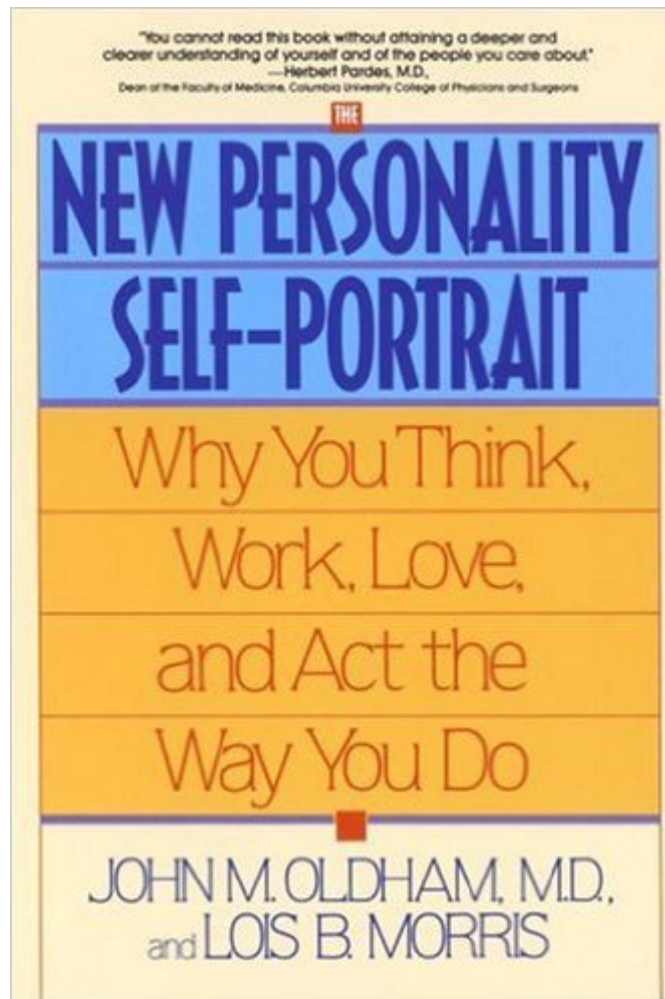


The book was found

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

Paperback: 449 pages

Publisher: Bantam; Revised edition (August 1, 1995)

Language: English

ISBN-10: 0553373935

ISBN-13: 978-0553373936

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (88 customer reviews)

Best Sellers Rank: #46,786 in Books (See Top 100 in Books) #60 in Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #208 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #1497 in Books > Self-Help > Personal Transformation

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.

[Download to continue reading...](#)

The New Personality Self-Portrait: Why You Think, Work, Love and Act the Way You Do ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Personality Disorders:The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Stepmonster: A New Look at Why Real Stepmothers Think, Feel, and Act the Way We Do Act Like a Lady, Think Like a Man, Expanded Edition: What Men Really Think About Love, Relationships, Intimacy, and Commitment Why Does My Dog Act That Way?: A Complete Guide to Your Dog's Personality Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How Dogs Think: What the World Looks Like to Them and Why They Act the Way They Do Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Why Him? Why Her?: Finding Real Love By Understanding Your Personality Type Self Hypnosis: The Ultimate Beginners Guide To

Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies)
Help! I Am In Love With A Narcissist: Narcissistic, Narcissistic Personality Disorder, Sociopath
(Manipulation, Personality Disorder, Recovery Advice, Breaking Up) Act Like a Success, Think Like a
Success: Discovering Your Gift and the Way to Life's Riches HYPNOSIS FOR WEIGHT LOSS:
SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You
Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Gustav Mahler.
Visionary and Despot: Portrait of A Personality- Translated by Ernest Bernhardt-Kabisch Why Do
They Act That Way? - Revised and Updated: A Survival Guide to the Adolescent Brain for You and
Your Teen Handbook of Cross-Cultural and Multicultural Personality Assessment (Personality and
Clinical Psychology Series)

[Dmca](#)